

The Telegraph

t2

**on
Sunday**

Kallol Datta has been making a mark in the international art circuit, using clothing as the medium of expression

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THE POLITICS OF FASHION



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Zodiac this WEEK Nita Chhotalal

<p>ARIES</p> <p>Personal: You may be feeling a strong sense of community spirit or be compelled to help those around you. Professional: If you have been working hard, expect to start reaping the benefits. Love: If you are single, you will meet a kind and generous person.</p>	<p>TAURUS</p> <p>Personal: You may still be feeling lethargic, but things should be moving in the right direction. Professional: You may be moving into an easier phase in your work life where things are under control. Love: Stability and communication are key.</p>	<p>GEMINI</p> <p>Personal: You have gone through the trials and now will reap the rewards. Professional: If you work for someone else, you will finally get the position you always dreamed of. Love: If single, you may meet someone new while travelling.</p>
<p>CANCER</p> <p>Personal: The universe is working to help you reach your goals. Professional: The challenging times at work will lead to bigger and better things. Love: You and your partner need to have more of acceptance and less of expectations from each other.</p>	<p>LEO</p> <p>Personal: Your strength and good health may be making a comeback if you have been ill or feeling drained. Professional: You need to make a brave move and put your original ideas into practice. Love: Your relationship will be moving to new and deeper level.</p>	<p>VIRGO</p> <p>Personal: This is a time enjoy yourself but not overdo it. Professional: Any teamwork you're in will be going very well and everyone will be getting along nicely. Love: You and your partner can look forward to happy times or events to celebrate.</p>
<p>LIBRA</p> <p>Personal: Deal with issues in a sensible, no nonsense manner and you will be successful. Professional: Things should be going well in terms of money. Love: You and your partner should be enjoying the finer things in life and maybe planning a vacation.</p>	<p>SCORPIO</p> <p>Personal: You may feel like you are in a battle. Stay focused for success. Professional: Now is a good time to go after the job you've always wanted. Love: If you and your partner have been going through a rough patch, you will need to work on the relationship.</p>	<p>SAGITTARIUS</p> <p>Personal: Do not engage in behaviour or activities that may put your health in danger. Professional: This is not the right time to take risks with money or investments. Love: You and your partner need to be honest and upfront about what you want.</p>
<p>CAPRICORN</p> <p>Personal: You'll be proud of what you've achieved and your self-esteem will be high. Professional: Things should be going well in work and your work environment will also be pleasant. Love: If single, a past love may come back into your life.</p>	<p>AQUARIUS</p> <p>Personal: There could be discontent and restlessness about life. Professional: If you are in business, you may be choosing whether or not to expand or to link up and partner with another company. Love: You or your partner may be feeling withdrawn or detached.</p>	<p>PISCES</p> <p>Personal: Expand your horizons and connect to the spiritual aspects of yourself. Professional: You are at a point where you can be generous to those around and enjoy the finer things in life. Love: If single, this is the right time to be in a serious relationship.</p>

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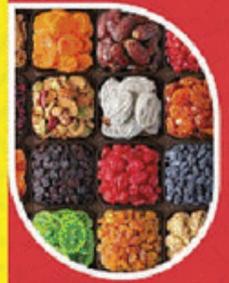
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JULIE BANERJEE MEHTA

Once at a book signing event in London, Ontario, I was mesmerised by the incandescent light in Alice Munro's eyes. They matched the beautiful smile. This was about 10 years before she won the Nobel Prize, in the early part of 2003. At about 70, her spirit was as light-hearted as a young ballet dancer.

Munro spoke out in support of the genre of the short story, the only form she almost always wrote in, after being awarded the Nobel Prize in 2013. She commented that the prize actually vindicated the short story genre.

The short story took her a long, long way. She had a host of awards to her name: Britain's Man Booker International Prize and the National Book Critics Circle award in the US, where the American Academy of Arts and Letters voted her in as an honorary member. In Canada, she was a three-time winner of the Governor General's Award and a two-time winner of the Giller Prize.

Born in a farming community in Wingham, Ontario, in July 1931, she died in Port Hope in the same Canadian province on May 13, 2024. Munro had suffered from dementia for 12 years. Her daughter Jenny Munro said that her mother passed away at an Ontario care home.

Alice Munro's father, whose family came from Scotland, was a fox and mink farmer and her mother a teacher. Alice began writing as a teenager. She studied at the University of Western Ontario and worked as a library clerk. And for a celebrated writer of her ilk, over all the decades she hardly allowed herself interviews. She was notoriously private. Not because she wanted to create drama and mystery but because she abhorred exposure.

This Canadian Nobel Prize-winning author explained that her earliest attempts to write are graphic and gripping. She had said that she walked to school and that gave her enough time to think of the story she would write. She was always very clear that she didn't really care if the stories she wrote would be read, or by whom. "The stories had to be told and had to be written." That was all that concerned her.

She was influenced by Anton Chekhov, Margaret Laurence, James Joyce and Leo Tolstoy. She was married to James Munro from 1951 to 1972, and to Gerald Fremlin from 1976 to 2013.

Her experience growing up in the farmlands of Wyndham with



Alice Munro

BOOKS

SMALL TOWN, BIG CONNECT

Canadian Nobel Laureate **Alice Munro** was devoted to capturing life in small-town Canada in its rawness and ripeness, but could make it resonate universally



She (Alice Munro) has said that she walked to school and that gave her enough time to think of the story she would write. She was always very clear that she didn't really care if the stories she wrote would be read, or by whom



PHOTOGRAPH Mrs. Alice Munro is seen in the garden of her home at 2749 West Vancouver, with her daughters, Sheila (left) and Jennie (right). Photo by [unreadable]

Housewife Finds Time To Write Short Stories

By MORRIS FALKOW Mrs. Munro said her first inspiration for writing came when she was a young adolescent. And she was appalled by the pain and suffering the beautiful, innocent creature was ready to suffer just to marry the prince she was so completely in love with. "I thought it was awful, that the little mermaid had to die because she wanted to marry the prince so much. So I decided to rewrite the story." And she did. Munro found that after trying so desperately to become human, chopping off her mermaid anatomy, and suffering the dreadful pain while walking, the least that she would be blest by was "living happily ever after".

A 1961 article from the Vancouver Sun featuring a photograph of "authoress" Alice Munro and her daughters, Sheila and Jennie. Picture: Association of Canadian College and University Teachers of English



men doing "more important things like farming" made it incumbent upon the women to read extensively. Munro read the classic *The Little Mermaid* when she was a young adolescent. And she was appalled by the pain and suffering the beautiful, innocent creature was ready to suffer just to marry the prince she was so completely in love with. "I thought it was awful, that the little mermaid had to die because she wanted to marry the prince so much. So I decided to rewrite the story." And she did. Munro found that after trying so desperately to become human, chopping off her mermaid anatomy, and suffering the dreadful pain while walking, the least that she would be blest by was "living happily ever after".

Those were early days that shaped Munro's thoughts about gender inequality. Much later she would write the short story *Dulse*, which is the name of the seaweed that tastes very salty and the flavour is distinctly like bacon. In this story, Munro was at her ironic best and showed her concern about the power men and women exert over each other. *Dulse* mirrors the imbalance — a seaweed that sticks to a rock or another seaweed with suckers, it also sits at the continual mercy of forces outside itself, between the high tide and low. Lydia, the protagonist of the story, reflects the reproductive mechanism where the smaller female plant is completely engulfed by the male.

When Lydia goes on a solo holiday to Grand Manan at the Bay of Fundy after her divorce with Duncan, she meets a bunch of men at the inn where she is staying and notices her own diminished ability to attract them. Her visit of self-discovery ends with the realisation that she may not be as sexually attractive as she was, but there were still men who would offer a 45-year-old woman friendship.

Millions of Alice Munro readers might put her right up there with Ernest Hemingway, O' Henry and

Somerset Maugham — the first among short storytellers. Munro's stories are intense, packed and accessible. They derive their characteristic charm from allowing the reader a seat in the living room couch of her characters, who confess that they are often hooked by the "familiarity element" where they recognise themselves in a particular way — an uncanny resemblance to a character in the short story.

More often than not, Munro would seduce the reader to participate in the tale by focusing on a psychological problem of one or more of her characters is facing. The tugging on the readers' heartstrings and empowerment to be therapist, bestows the reader with deep interest to interrogate and understand human condition, relationships and how we remember the past.

Arguably one of the finest raconteurs, who had dedicated her entire writing life to exploring peoples' lives in small-town Canada, Munro's brilliance lay in being able to make her "ordinary" Canadian characters find a seat in any far-flung living room on the planet. She was best known for her short story collections *Dance of the Happy Shades* (1968), *Lives of Girls and Women* (1971), *Who Do You Think You Are?* (1978), *The Moons of Jupiter* (1982), and *The View From Castlerock* (2006), among others.

It was only natural that some of her works were picked up for the silver screen. Her short story about the domestic erosions of Alzheimer's Disease, *The Bear Came Over the Mountain*, originally published in *Hateship, Friendship, Courtship, Loveship, Marriage* (2001), was made into the critically acclaimed film *Away from Her* (2006) starring Julie Christie.

Other film adaptations of Munro's stories include *Hateship Loveship* (2013), which was based on the title story of her 2001 collection, and Pedro Almodovar's *Julieta* (2016), a mystery drama inspired by several stories in *Runaway*.

Translated into many languages, her universal appeal and popularity came from her ability to use the huge possibilities of memory to tell a story based in Canada's Acton or Bay of Fundy that could resonate deeply with a reader in Darjeeling or Bhubaneswar. The exquisitely constructed geography of Canada notwithstanding, her stories about death, loss, divorce and fractured marital relationships, her investigations into mother-daughter disconnects, her wondering and wanderings about the breakdown of the family are well-known by global readers.

Munro's understanding of women was born in her gut — the master craftsperson of creating female characters used her own large trove of personal travails with her own mother and sisters. "Mothers and daughters generally have fairly complex relationships, and ours was made much more so by Mother's illness. She had Parkinson's disease, which was not diagnosed for a long time... all that made me very self-protective, for one thing I didn't want to get trapped," she stated categorically.

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FROM P4

beguiling Munro story that traverses the writer, a child, and then an adult, with a lapse of time between them and invites a kind of haunting into the time present, melding the past and the present in a clever use of magical realism. The narrator/poet is playing with her brother and sister — in one of those games where children on different sides try to entice and catch each other. She plays on in the deepening twilight, until she realises she is all alone, and much older. Still she hears the (ghostly) voices of her brother and sister calling. Come over. Come over. Let Meda Come. Who knows where the shortening of Almeda's name to Meda came to be?

Reading Munro is a masterclass in how adroitly memory can be used to tell the tale in a limited amount of words and enhancing the perspectives. "Memory is the story the brain tells to the self to make sense of what happened, what is around and what may emerge... perhaps that is what makes literature and fiction, that liminal play between reality and possibility, between what did and does happen, and what may have happened, such a powerful and moving medium of memory representation, which also is an act of anticipation," as Avishek Parui, author, academic and specialist in memory studies, maintains.

There is a brand of her own that Munro had created in her long life of writing, not unlike her younger colleague Margaret Atwood. Though less salty in her writing style than Atwood, Munro was just

as powerful. Understated and easily approached, Munro dealt with the mysteries of life in all its many shades, by using memory as a tool where her characters constantly refer to the past with hesitation, inconsistencies, and instability.

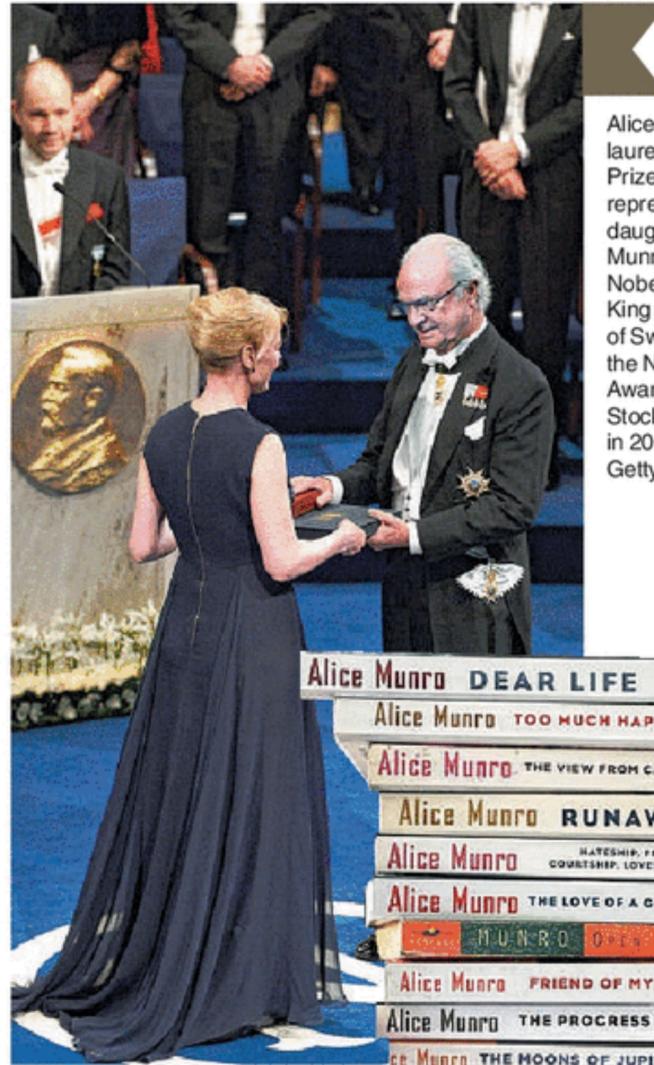
Once again, Parui's analysis of the inextricable bond between remembering and retelling is useful to "read" Munro's subtle and complexly woven short stories: "Literature is perhaps one of the most effective experiments through which we can come closest to understanding the magic of memory, and the mind."

Munro was a short story writer by choice, she maintained, because she felt things in her life were fragmented, and did not quite hang together for a novel. So the short story was her preferred genre.

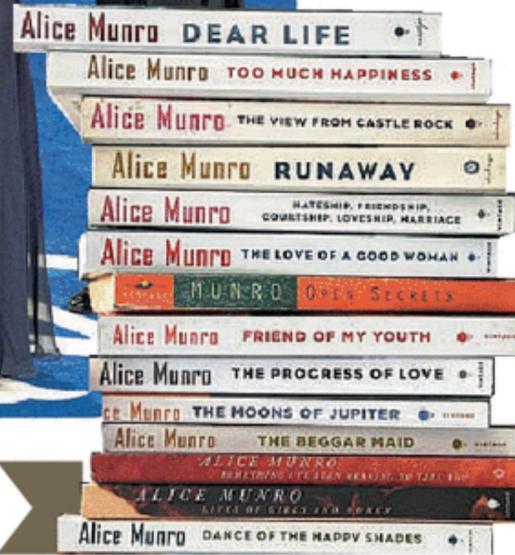
Munro's small-town Southern Ontario life features in most of her stories, for instance, *The Beggar Maid* published in *The New Yorker* in 1977. This story is trained on the character of Rose and the geographical space of Hanratty, the author's fictional town in Southern Ontario.

Rose's life is almost a replica of the author's. The studious Rose, like Munro, grows up on the seamy side of town and rises to academic brilliance, but then comes a bad first marriage, motherhood, and divorce, with success coming fluently. Rose made her escape from domesticity to the University of Western Ontario in London, Canada, as Munro had done in her own life. Both women were breaking out of a cycle of desperation and unrealised ambition.

Munro's story of female escape in



Alice Munro, laureate of the Nobel Prize in Literature, represented by her daughter Jenny Munro receives her Nobel Prize from King Carl XVI Gustaf of Sweden during the Nobel Prize Awards Ceremony in Stockholm, Sweden, in 2013. Picture: Getty Images



Books by Alice Munro

her iconic story *The Children Stay* published in December 1997 in *The New Yorker* is a gripping tale about Pauline, the mother of two small daughters and a desperate housewife who lands a lead role in an amateur production and has an affair with the director. Leaving her two infant girls with her husband, she runs off with the director.

What bewilders the reader is: was it for love or was it for sex, that Pauline left her children? The Canadian novelist and poet Margaret Atwood, a close friend of Munro's, comments that few other writers have explored the risky business of obsessive desire "more thoroughly and more ruthlessly" than Munro. Atwood adds, "A rumpled bed says more than any graphic in-out, in-out depiction of genitalia ever could."

Alice Munro was undoubtedly one of the best storytellers with a global appeal but she was also undeniably representative of the white, North American canon. From a country like Canada, whose rights and charters so intimately invoke multiculturalism, Munro steered clear of compelling issues of race and colour.

Julie Banerjee Mehta is the author of *Dance of Life*, and co-author of the biography *Strongman: The Extraordinary Life of Hun Sen*. She has a PhD in English and South Asian Studies from the University of Toronto, where she taught World Literature and Postcolonial Literature for many years. She currently lives in Calcutta and teaches Masters English at Loreto College



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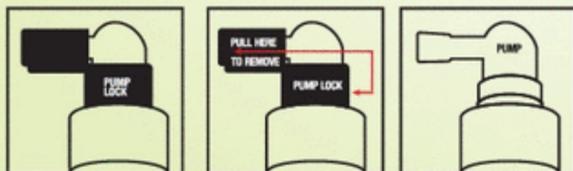
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As the 2023-24 Premier League season is almost reaching its conclusion, we reflect on a campaign that was nothing short of spectacular. The battle for supremacy and sheer dominance saw incredible performances, dramatic comebacks, and moments of pure magic on the pitch. Here, we celebrate the Top 10 players whose extraordinary talents and contributions left an indelible mark on this season till now. From unstoppable strikers to midfield maestros, these stars shone brightest in England's top flight. With many still in their prime, the anticipation for what they will bring to the next season is already building.

SPORTS

IN FINE FETTLE

t2oS takes a look at 10 players who dazzled in the English Premier League's 2023-24 season

ERLING HAALAND

Premier League Club: Manchester City
Playing Position: Forward
Performance in the current season: The Norwegian sensation once again proved why he's considered one of the best strikers in the Premier League. Haaland's predatory instincts, combined with his physical prowess and clinical finishing, saw him top the scoring charts this season with 27 goals till now under his name. The 23-year-old forward was also named the 'Player of The Season' last year and was awarded the 'Golden Boot' for scoring 36 goals in a single season. This season too he is continuing in his prime form under Pep Guardiola as he has scored 27 times in his 30 appearances and also has five assists rolling with his name.

OLLIE WATKINS

Premier League Club: Aston Villa
Playing Position: Forward
Performance in the

Ollie Watkins



current season: The 28-year-old forward is having the best season under Unai Emery. The English attacker this season has proved himself to be one of the finest forwards in the league with 19 goals in 36 appearances. Watkins, who has been a constant force in the attacking lines for Aston Villa this season, has also bagged 13 assists under his name. The England forward's versatility and vision surely made him Aston Villa's most valuable player in the current season.

DAVID RAYA

Premier League Club: Arsenal
Playing Position: Goalkeeper
Performance in the current season: The Spanish goalie joined hands with Arsenal in the current season and since then Raya has been an absolute stalwart under the posts. In 31 appearances for Arsenal this season, the goalkeeper already has kept 16 clean sheets, which is currently the best by any PL goalie in the current season. The 28-year-old has constantly proved his worth behind the goal line and has made 45 saves this season. He is

thus one of the key forces for the Gunners' and is definitely a key player to keep your eye on.

COLE PALMER

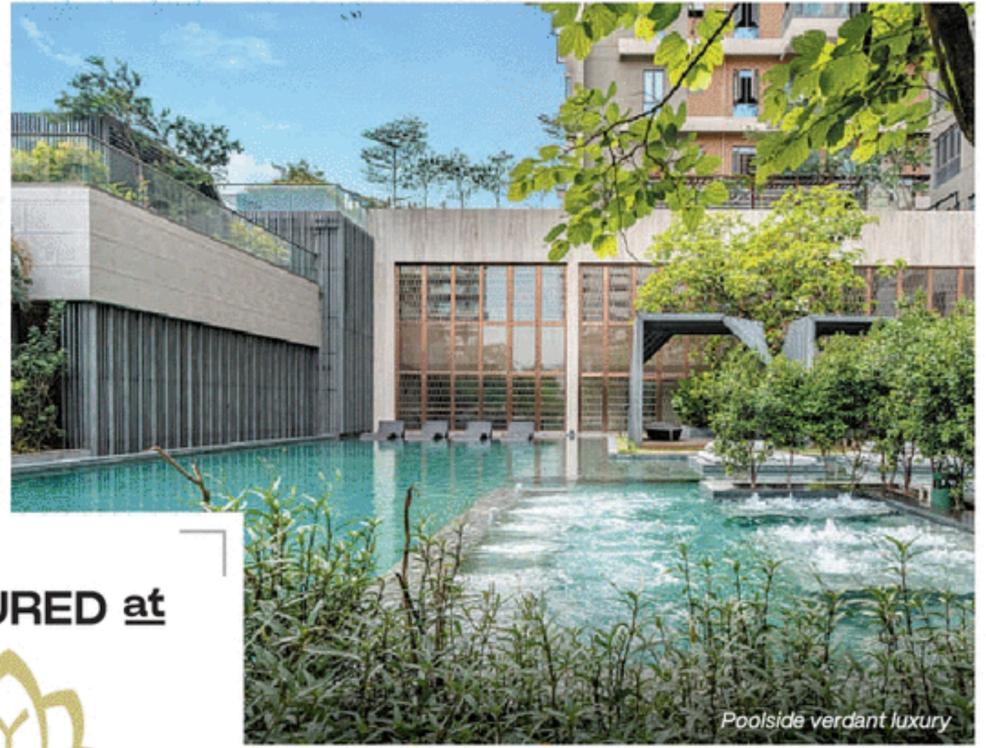
Premier League Club: Chelsea
Playing Position: Midfielder
Performance in the current season: Cole Palmer's resurgence this season was a joy for Chelsea fans. Despite Chelsea struggling with difficulties, Palmer's contribution upfront has been the solution to Chelsea's scoring woes. The English midfielder is behind Haaland with 22 goals in 32 appearances this season. The playmaker has created 19 big chances for Chelsea and has also bagged 11 assists under his name. The midfielder helped the club not only offensively but also defensively. Cole Palmer in the ongoing season has a successful tackle rate of 48 per cent with 29 tackles.

ALEXANDER ISAK

Premier League Club: Newcastle United
Playing Position: Forward
Performance in the current season: The 24-year-old is the heartbeat of Newcastle's forward line this season. With 20 goals and one assist, he remained one of the club's most potent forwards. Alexander Isak's influence was vital in Newcastle United's tactical flexibility throughout the ongoing season. And Isak is finally getting the credit he deserves for keeping other defenders at bay when scoring.



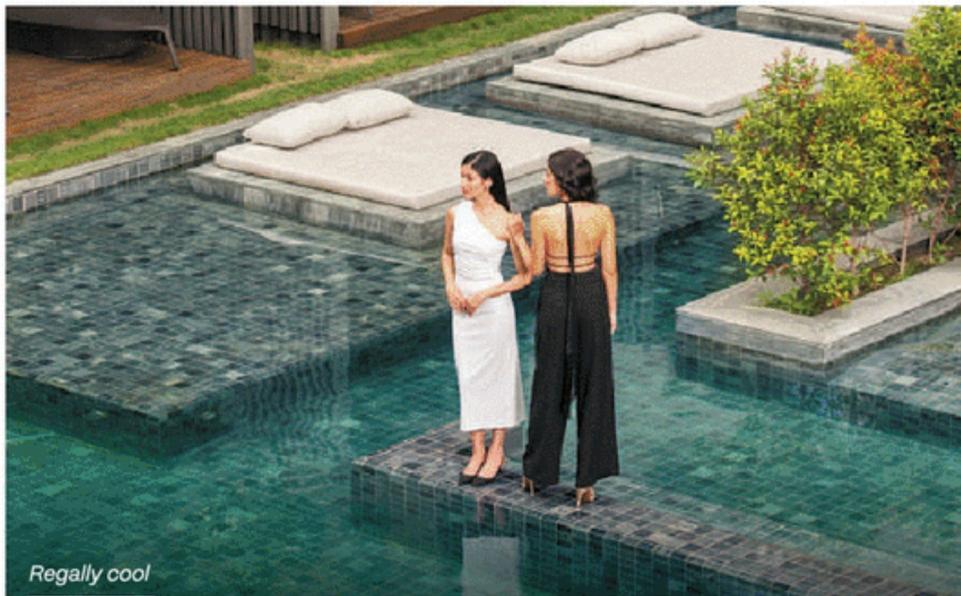
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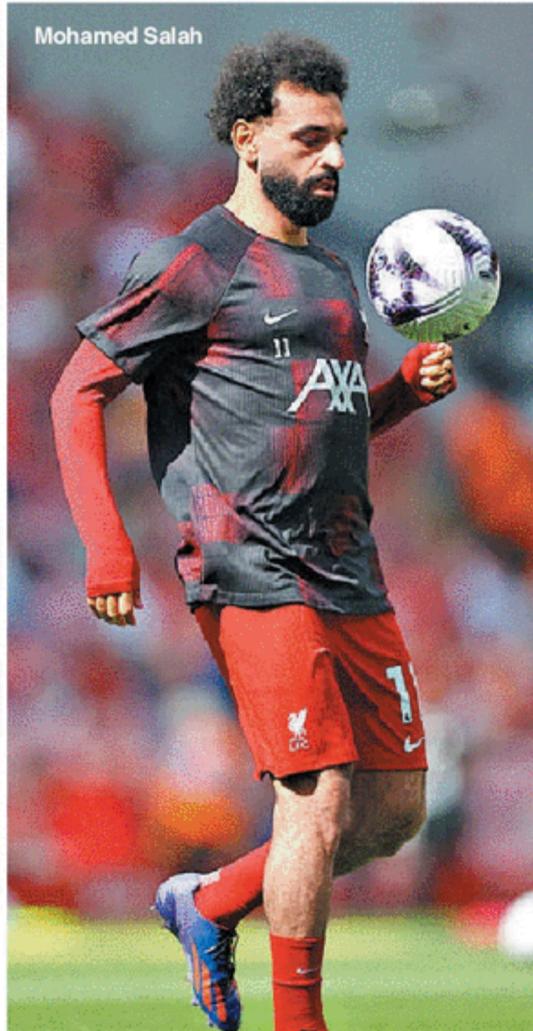


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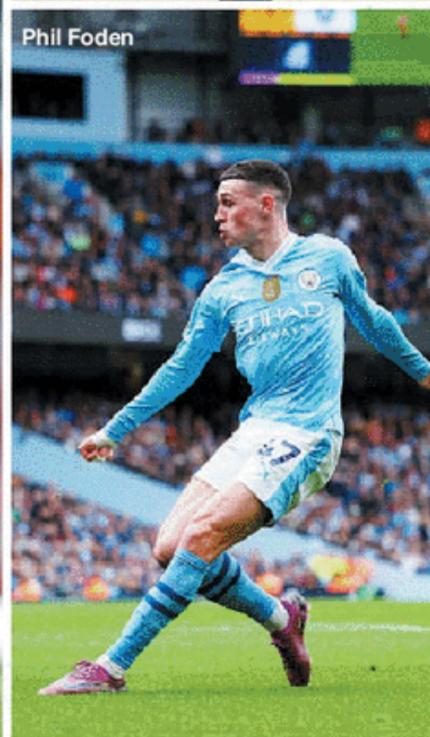
Lewis Dunk



Mohamed Salah



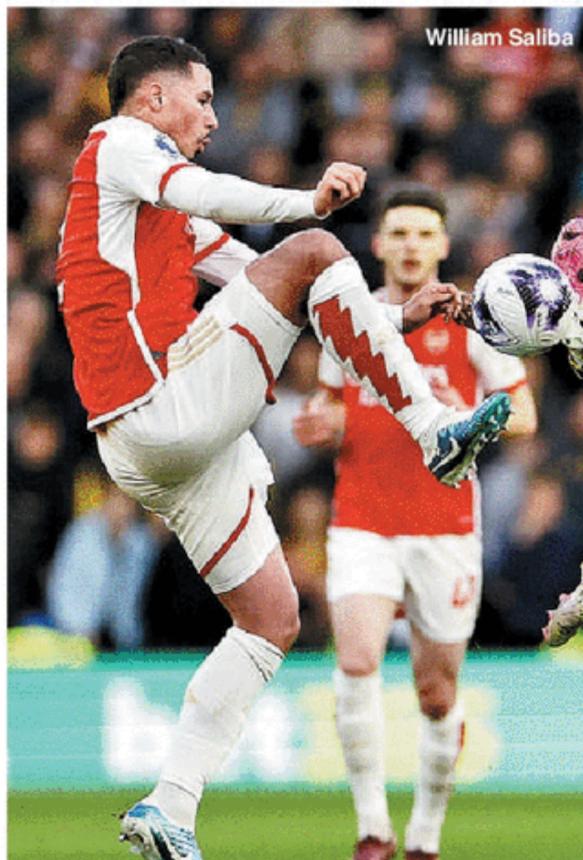
Phil Foden



Dominic Solanke



William Saliba



➔ FROM P8

WILLIAM SALIBA

Premier League Club: Arsenal
Playing Position: Defender
Performance in the current season: Saliba's stellar performances have played a major role in Arteta's team having the best defensive record in the division thus far. The 23-year-old is a genuine standout in the backline, possessing the poise and timing to allow Arsenal to go from defence to attack in the blink of an eye. Saliba's steady performance at centre defence has allowed Arsenal to have 18 clean sheets this season. The French defender this season has completed 2,746 passes and has also scored two goals this campaign while delivering one assist.

PHIL FODEN

Premier League Club: Manchester City
Playing Position: Midfielder
Performance in the current season: Phil Foden's midfield mastery was a cornerstone of Manchester City's dominance this season. His ability to dictate the tempo, coupled with his extraordinary passing range, yielded eight assists, many of which were crucial in tight matches. The 23-year-old's flair and creativity were key to City's attacking dynamism. This season the English player has already bagged 17 goals to his name and has been the absolute powerhouse for Pep's City in the current season.

DOMINIC SOLANKE

Premier League Club: AFC Bournemouth
Playing Position: Forward
Performance in the current season: Despite Bournemouth's struggle to go up the points table, Solanke's individual brilliance shone through. Dominic Solanke's lethal finishing and playmaking abilities have been a bright spot in an otherwise turbulent season for Bournemouth. With 19 goals and three assists this season, the 26-year-old English footballer has been the standout performer for Andoni Iraola's club in the 2023/24 season till now.

LEWIS DUNK

Premier League Club: Brighton & Hove Albion
Playing Position: Defender
Performance in the current season: Lewis Dunk's commanding presence in defence has been crucial for

Brighton. His leadership, tackling, and ability to read the game have solidified Brighton's backline, making him one of the best defenders in the league this season. The defender also has three goals and one assist to his name this season and is behind Rodri to have completed 3,212 passes. The English defender also has a 52 per cent successful tackle rate this season and has been an absolute star in the backline for his club.

MOHAMED SALAH

Premier League Club: Liverpool
Playing Position: Forward
Performance in the current season: Mohamed Salah is without a doubt the primary player for Liverpool from the last few seasons. Despite Liverpool's ups and downs, Salah has been a beacon of excellence. Three-time Golden Boots winner Mohamed Salah guided the Reds to their sole Premier League championship in 2020, and he consistently performs admirably on big occasions. This season despite some floppy performances, the 31-year-old has scored 18 goals in 31 appearances while providing 10 assists, playing under Klopp. Although Klopp's nine-year reign appears to be coming to an unsettling close, it would be premature to write off Salah.

— *Analoy Majumder*
 (t2 intern)
 Pictures: Reuters



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TOPPERS OF CLASS 2024

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MAYUKH KANTHAL - 98 %



AYUSMAN DAS - 96.4 %



SAMYAJIT MONDAL - 96%



SHASHWAT ROY - 95.2 %



AISHIKI SASARU - 95 %



SANSKRITI PATRA - 94.8 %



SARASWAT BHOWMIK - 94.6 %



RUPSA ROY - 94.2 %



SANSKRITI GUHA PRAMANICK - 94 %



TITLI DAS - 94 %



SANGALAP PANDIT - 93.4%



SAUREET CHAKRABARTI - 93.2 %



ORCHID BHAKTA - 93.2 %



ANIK HASSAN MOLLA - 93 %



ARATRIKA GUIN - 92.8 %



RAKSHIT TIWARI - 92.2 %



DEBANKA MANNA - 91.8 %



SOMASRI DEY - 91.2 %



SANCHITA SAMANTA - 91.2 %



SK NAZIMUL HAQUE - 91 %



DIVYA GUPTA - 90.2 %



MANOHAR KR. JHA - 90 %



ROMIT SAMANTARAY - 90 %



SWARIT KUMAR TIWARI - 90 %

Heartiest Congratulations to all Saini International School students and teachers for this stupendous achievement



He has always been an outsider in fashion. Kallol Datta. Starting off with mainstream fashion in 2008 and very soon stirring up conversations about his offbeat aesthetics with a dark edge, the Calcutta boy became a darling of fashion critics in no time. Mainstream, commercial fashion, however, was not Kallol's calling. His clothes, from the very beginning, blurred the lines between art and fashion. Shapes were always more crucial to

Kallol's work than trends. Displaying his collections at museums and galleries enticed him more than showcasing them on runways. He started to straddle both worlds — art and fashion — soon, and after 10 years of launching his eponymous label, Kallol Datta 1955, he crossed over to the art side in 2018, but essentially as a "clothesmaker" at heart.

A regular in the experimental art scene in the country, in the past two years Kallol has been showcasing his work at multiple prestigious international venues and events too. His work was a part of an exhibition — Jameel Prize: Poetry to Politics — at the Victoria & Albert Museum in London in 2021. From Japan to Scotland, Kallol's work has found space in many other galleries across the world.

Kallol's latest project sees him showcasing his work at the prestigious State of Fashion Biennale at Arnhem in the Netherlands. Kallol is one of the three designers chosen to be a part of the State of Fashion 2024. Ties that Bind project that brings together creative practices in fashion, textiles and contemporary art from across the Global South. The Biennale collection, after being showcased in Sao Paulo, Nairobi and Bengaluru, is now being displayed in its home city of Arnhem in the Netherlands, from May 17 to



COVER STORY

CREATIVE

TIES

'Clothesmaker' Kallol Datta takes Smita Roy Chowdhury through the curation of the State of Fashion Biennale 2024 project and shares why clothing will always be political for him

June 30. Kallol's chosen region of work for the Biennale was Bengaluru and the collection works with the issue of the water crisis in the city and its impact on clothing. Kallol has always dealt with the politics of clothing and this collection is no different.

In a t2oS chat, Kallol lets us in on the details of the Biennale collection and its curatorial process, and also tells us why clothing will always be political to him.

It's a huge honour to be invited to be a part of the State of Fashion Biennale 2024. Tell us how it came about...

The co-curators of the Biennale, Rachel Dedman and Louise Bennetts, at the very onset decided on a decentralised Biennale structure and extended an invitation to me to join their curatorial team, to develop and curate a project of my own. It was an absolute no-brainer to accept their invitation, which sought to bring together creative works in

fashion, textiles and contemporary art from across the Global South. The project I chose to build and present emerged from my existing studio practice, which is rooted in the research of clothing practices.

Please tell us a bit about the Biennale and how and when it is being showcased...

The State of Fashion 2024, Ties that Bind has four sites. Three sister sites — Sao Paulo, Brazil; Nairobi, Kenya; Bengaluru, India; and the home site at Arnhem, The Netherlands. The Biennale's home site at Arnhem opened on May 17 at the Rembrandt theatre and will feature the sister site projects as well.

For the Ties that Bind project, you're working with the clothing practices in Bengaluru. Were you assigned this site or you chose it yourself?

The curators for the sister sites of the Biennale are Sunny Dolat in Nairobi and Hanayra Negrerios in

Kallol Datta. Picture: Rahul Dhankani



Kallol Datta's work for '...of involution, of languor...' Bengaluru site of the State of Fashion Biennale 2024. Picture: T.K. Sandeep



Kallol Datta's works as part of the project Volume 3 Issue 2 | 2.0 at Experimenter art gallery. Pictures courtesy: Experimenter

Sao Paulo. I curated the site in India and Bengaluru was the city of my choosing.

The city has been facing an acute water crisis, which impacts its residents' clothing habits directly. Coupled with the cyclical rise of hyper-nationalism in the region as a reaction to the perceived Hindi imposition from Northern India, clothing too has come under the scanner as evidenced by the 2022 hijab ban by educational institutions in Karnataka, which was upheld by the Karnataka High Court. It was only recently rescinded in December 2023 but across various markers clothing is inherently political.

What kind of research did you have to do into the clothing practices and culture of Bengaluru? How did you approach the curatorial process?

Rather than having an exhibition in mind as the end goal, I had '...of involution, of languor...' foreground care as a connective thread and curatorial principle. The entire project was embedded in community and at the same time un-tethered. In the selection of the artists I invited to be part of the Bengaluru site, I was looking at those artists whose practices were involved in long-term inquiries into care, sustaining engagements with community and radical ways of knowledge sharing, who also had a working relationship with textiles to create secure spaces, however intimate the spaces may be.





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➔ FROM P13

You've always presented garments as a conduit for personal agency and expression. How has that happened in this project?

'...of involution, of languor...' is positioned as a proposition against a landscape where the body, the cloth and the act of swaddling oneself are political. The artists that I collaborated with — Indu Antony, Rujuta Rao and Swati Kalsi — highlight care at the forefront of their artistic and research projects for the Biennale sister site.

In a country where water is deified, seen as a conduit to spiritual cleanliness, as a means to attaining purity, Indu Antony and the women of Namma Katte (a part of Mindscapes Bengaluru, a mental health programme run by the Museum of Art & Photography) address the scarcity of water by repurposing used clothing to highlight varying structural inequalities in their everyday lives.

I've had folks ask why is there a need for a biennale on fashion and questions on similar lines. But in times where what you wear makes you an immediate marker of your community, where donning a pair of jeans could mean losing your life to violence... clothing systems and the garment industry are casteist, misogynist in nature and queerphobic. Clothing is and will always be political — **Kallol**

An early work of Kallol Datta showcased on the ramp.
Picture courtesy: Fotocorp

Rujuta Rao spotlights complex human conditions by macerating textile and non-textile belongings of people who bring her comfort, thereby creating systems of self-care.

Textile designer Swati Kalsi's creative research project is a long-term inquiry about the potential in forming a radical system of knowledge sharing between her and the craftspeople and artisan groups she works with, thereby formulating channels of care through assistance in technology, skill updates and design research.

Filmmaker Rusha Bose made a short on the women of Namma Katte — a leisure space created by Indu Antony in the Banaswadi neighbourhood in Bengaluru and architect Aniket Kumar Rathore designed the exhibition space at 1 Shanthi Road.

The Ties that Bind project explores the political potential

of clothing. What do you feel about that?

I've had folks ask why is there a need for a biennale on fashion and questions on similar lines. But in times where what you wear makes you an immediate marker of your community, where donning a pair of jeans could mean losing your life to violence, where people occupying the highest political offices in the country demonise religions on the basis of colours, where you are forced to miss out on schooldays because of unwashed uniforms due to water supply, clothing, clothing systems and the garment industry are casteist, misogynist in nature and queerphobic. Clothing is and will always be political.

Aside from the State of Fashion project, you've been showcasing your work at various prestigious international venues and museums. Tell us about some of your recent showings.

It has been an interesting couple of years. I had a solo of mine at Aomori Contemporary Art Center, Japan; I was in a group show at the National Museums Scotland, Edinburgh. I was fortunate to curate the inaugural edition of Kolkata Queer Arts Month, a non-commercial visual arts platform held across multiple venues, a micro-residency and public talks program. My solo show Volume 3 Issue 2 | 2.0 curated by Experimentier, was the inaugural show at Tri and I am part of an ongoing group show in Ahmedabad. My recent works will also be presented at the STOF Biennale in Arnhem under the curation of Rachel Dedman and Louise Bennetts.

You are probably the only Indian designer who has moved from being a commercial fashion designer to a practice of clothing strictly as an art form and medium of self-expression. You've never cared to be a mainstream fashion designer. Was this the idea from the beginning of your career, or did this happen gradually, out of some disillusionment with mainstream fashion?

Yes, I did complete the shift from fashion to the visual arts space in 2018. But I still am a clothesmaker. During my years in fashion, I operated parallelly to the mainstream industry but chose to engage with it on my own terms. I think when one is wholly entrenched within the insidious systems at play, it becomes difficult to take risks. I was also not satisfied with exhibiting on the runway and wanted my works to inhabit spaces not usually offered to clothesmakers — museums, galleries, cultural centres and foundations. The resolve to transition into the visual arts came about when I underwent my second residency with KHOJ International Artists' Association in New Delhi in 2013.

Any big project that you're working on currently or in the near future?

For now, I am really looking forward to getting back to my studio to research and then produce new works as well as undergoing a residency.

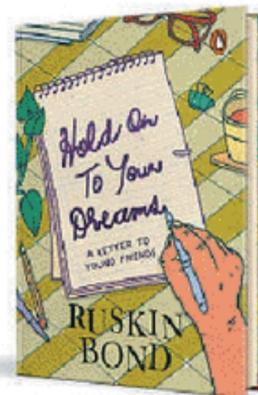
BOOK EXTRACT

'I CONCENTRATE ON THAT BLADE OF GRASS; I BECOME ONE WITH IT'



Ruskin Bond

In Ruskin Bond's book *Hold on to Your Dreams*, being released today to mark the author's 90th birthday, he shares his thoughts about writing and loneliness. Here's an excerpt from the book



Hold On To Your Dreams — A Letter to Young Friends
Author: Ruskin Bond
Publisher: Penguin India
Pages: 112
Price: ₹399

hard work have made life a little easier for me now. And if, in the process, my eyesight has been affected, well, it means I no longer fall in love at first sight, with all the complications that ensue!

Make no mistake, though: writing is a solitary art, a lonely profession, whichever way you look at it. You are on your own, even if you are member of a large family or a schoolteacher amidst hundreds of noisy children (or you might be one of those children wanting to write!) or an inmate of a crowded jail. You are alone in a crowd, and you need that loneliness because you have to communicate with yourself and explore the inner sanctum of your mind.

Loneliness becomes part of a writer's being. O. Henry spent two years in prison on a charge of forgery. He met all sorts of people, from small crooks to big-time financiers, and when he'd completed his sentence, did O. Henry seek the bright lights and the party scene? No, he rented a small room in a ramshackle part of New York, and there he churned out two or three stories a week for the dailies — stories that brought him a few dollars, just sufficient for his needs; stories that we still read today, over a hundred years since they were written. These were stories about good people, old people, all sorts of people (for he had seen them all) and all written out of loneliness, the loneliness of a writer who had been part of the crowd and yet not a part of it. He had been on the inside, looking out, whereas now he was on the inside, looking in.

Loneliness doesn't always lead to great writing or, sometimes, any kind of writing. The absence of human company, someone to hold your hand, can result in depression and an escape from reality into alcohol or drugs. Humans, like monkeys, are gregarious by nature and are inclined to go off their heads if left alone for too long. Cats, like Mimi, are not gregarious. They are quite happy to be left alone. If Mimi can have possession of my easy chair, she will spread herself in it for half the day, only rousing for a sardine or a sausage. But unlike Garfield, the cartoon cat, Mimi is a fussy eater and will turn up her nose at pastries and pizzas.

I love solitude. Not so much because it helps me to write, but because it enables me to look at the world around me in a more intimate way — following the flight of an eagle, the changing patterns of the clouds, the cows grazing on the hillside and the girl calling to them to come home, the grass springing up on the steps — each blade of grass important in itself, each blade of grass representing the entirety of nature, for if grass cannot grow on this earth, nothing else can.

I concentrate on that blade of grass; I become one with it. I must try writing like grass — springing up in different places, renewing itself, becoming more grass, green and growing. The rose fades, the poppy dies, but the grass lives on. The flowers in our garden perish, but the grass survives.

It is good to be alone sometimes, but don't go searching for solitude, lest it turn into loneliness.

Hold on to *Your Dreams*, according to Penguin, the publisher of the book, 'is a priceless collection of learnings, poignant life lessons and treasured memories curated from a lifetime of experiences — a book that can be a wonderful companion, bedside reader and, at times, also a great teacher'. Written in the form of a letter, it offers hope, wisdom, courage and strength. The writer reflects upon love, loss, friendship, frailties, solitude and companionship and urges us to learn from mistakes, embrace empathy and hold on to our dreams through life's vicissitudes. An excerpt.

Do I never tire of writing, you ask.

The written word has enabled me to conquer both time and distance. With its help, I can recall scenes from my boyhood, my friends and familiars, lost loves, moments of joy, anguish, triumphs and tragedies — the world around me! Everything from the bluebird on the wing to the deer at the mountain stream.

When I recollect the books I read, I remember how their words, their prosody, took me to faraway places, remote times and distant days — the London of Dickens, the Russia of Dostoyevsky, the France of Balzac and Baudelaire, the America of Mark Twain and O. Henry, the Japan of Lady Murasaki, the China of Lao-Tzu, the India of Kalidas and Tagore, the Persia of Nafiz and Firdausi, the Greece of Homer, the Spain of

Cervantes, the Scotland of Burns and the Ireland of Yeats.

I can speak to you better through these words than by telephone or photographs, for our thoughts are invisible and can only be captured by the magic of the written word.

Sometimes, when ideas dry up, words don't flow and the surroundings — familiar or otherwise — fail to inspire. At such times, it's best to stop writing for a while, just for a few days. Instead, go for long walks — in the town or the outskirts — until you tire of walking. Once you have done that, you will be happy to return to your desk or easy chair and take up your pen again.

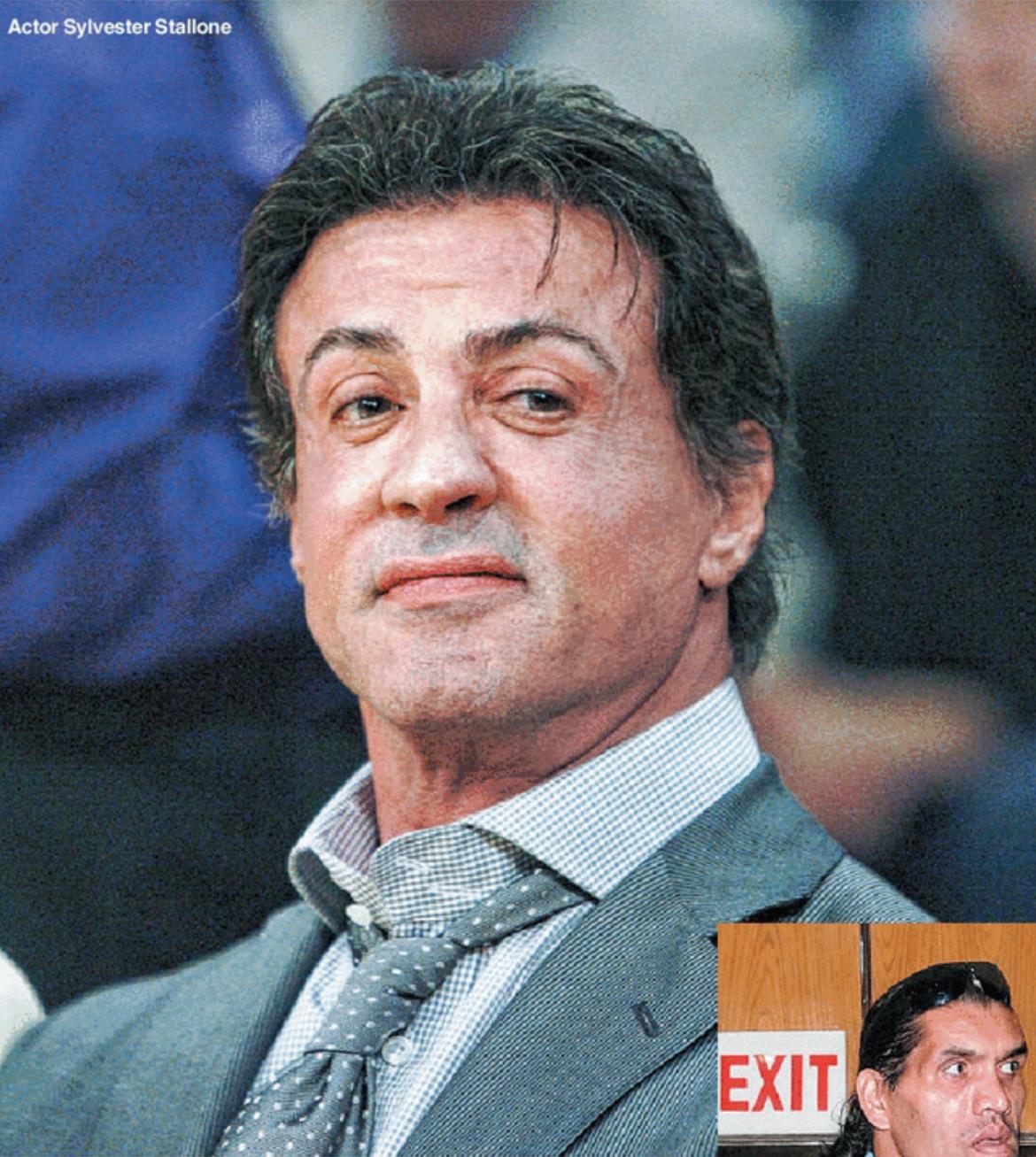
I used to do that when I was younger — walk everywhere. But now, on the verge of ninety, I find it difficult to walk more than a few paces up the road, and I need someone with me to make sure I don't walk into a ditch. So, instead of walking, I turn to a book or watch an old movie (my childhood escape, as you would remember) or look out of the window at the cloud formations and the changing light on the mountains.

Do I tire of writing?

No. These words are my lifeblood. They have made it possible for me to live the life I wanted to live. And here I am, in my dotage, still stringing them together.

Besides, there are compensations. Like Emerson, I am a great believer in the law of compensation. All those years of

WHEN I RECOLLECT THE BOOKS I READ, I REMEMBER HOW THEIR WORDS, THEIR PROSODY, TOOK ME TO FARAWAY PLACES, REMOTE TIMES AND DISTANT DAYS — THE LONDON OF DICKENS, THE RUSSIA OF DOSTOYEVSKY, THE FRANCE OF BALZAC AND BAUDELAIRE, THE AMERICA OF MARK TWAIN AND O. HENRY, THE JAPAN OF LADY MURASAKI, THE CHINA OF LAO-TZU, THE INDIA OF KALIDAS AND TAGORE, THE PERSIA OF NAFIZ AND FIRDAUSI, THE GREECE OF HOMER, THE SPAIN OF CERVANTES, THE SCOTLAND OF BURNS AND THE IRELAND OF YEATS



Actor Sylvester Stallone

HEALTH



KAMLESH KOTHARI

“Because of your smile, you make life more beautiful” — Thich Nhat Hanh

It is common knowledge that fingerprints and iris (the coloured part of your eye) are the most distinctive features of an individual. Our set of teeth is

OUT OF LINE

Underbites can create health and psychological issues, but today’s medical advances allow them to be corrected most of the time

another lesser-known metric when it comes to the unique set of characteristics of identifying a person.

Similar to our fingerprints, no two sets of teeth are alike. The normal alignment of teeth varies slightly from person to person but generally follows certain patterns and principles. One of the conditions that deviates from the ideal is an underbite.

What is an Underbite?

An underbite (also known as a reverse bite or a class 3 malocclusion) is a condition where the lower teeth overlap the upper teeth when the mouth is closed. This can cause the lower jaw teeth and jaw to protrude from the overall face boundaries. Underbites can vary in severity from mild to pronounced, and they can affect appearance issues like improper

jaw development and facial asymmetry and functional issues with biting and chewing.

Some famous faces who have an underbite are Sylvester Stallone, Michael Douglas, Gautam Gambhir and WWF wrestler The Great Khali.

WHAT CAUSES UNDERBITE?

★ **Genetics:** Family history plays a

significant role in the development of underbites. If one or both parents have underbites, their children are more likely to inherit the trait. Commonly, it’s due to the child inheriting the upper jaw from one parent and the lower jaw from another parent, causing tooth and jaw size discrepancy and hence the lower jaw protrusion.

★ **Childhood habits:** Prolonged thumb-sucking, pacifier use, or tongue thrusting during childhood can affect the development of the

jaws and contribute to the development of an underbite.

★ **Trauma or injury:** Trauma to the face or jaw area, such as accidents or injuries during childhood, can disrupt normal jaw alignment and lead to underbites.

★ **Abnormal tooth eruption:** Irregularities in the eruption of teeth, such as crowded or misplaced teeth, can affect the alignment of the jaws and contribute to the development of an underbite.

★ **Temporomandibular joint**

(TMJ) disorders: This is the joint present in front of our ears and are primarily responsible for growth and development of our jaws. Disorders affecting the temporomandibular joint, which connects the jaw to the skull, can sometimes lead to changes in jaw alignment, including underbites.

★ **Certain medical conditions:** In some cases, medical conditions such as skeletal malformations, craniofacial syndromes (e.g. Pierre Robin sequence), or neuromuscular disorders can contribute to the development of underbites.

PROBLEMS WITH UNDERBITES

★ **Difficulty chewing and speaking:** An underbite can affect the proper alignment of the teeth, making it challenging to bite and chew food effectively. This can lead to difficulties in eating certain foods and may also impact speech clarity.

★ **Increased risk of dental issues:** Underbites can contribute to various dental issues, including tooth decay, gum disease, and uneven tooth wear. Misaligned teeth may be more difficult to clean properly, increasing the risk of plaque buildup and cavities.

★ **Temporomandibular joint (TMJ) disorders:** The misalignment of the jaws in individuals with underbites can put strain on the TMJ, leading to its disorders. Symptoms may include jaw pain, clicking or popping sounds when opening or closing the mouth, and difficulty opening or closing the mouth fully.

★ **Facial aesthetics:** Underbites can affect facial aesthetics by altering the symmetry and balance of the face. In some cases, an underbite may cause the lower jaw to protrude, resulting in a less harmonious facial profile.

★ **Self-esteem and confidence:** The appearance of an underbite may impact

an individual’s self-esteem and confidence, especially during social interactions and when smiling or speaking in public. Teenagers are the most affected.

★ **Functional limitations:** Severe underbites can lead to functional limitations, such as difficulty biting into certain foods or discomfort when chewing for extended periods.

★ **Teeth setting complications:** Untreated underbites can lead to further orthodontic complications over time, such as teeth shifting, jaw misalignment, and worsening of the underbite.

Early detection is the key and can help minimise complications and improve overall oral health and facial harmony. Therapy typically involves orthodontic intervention, which may include braces, dental appliances, or in more severe cases, corrective jaw surgery to realign the jaws. The exact method of treatment is determined by multiple factors such as age at



The Great Khali

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diagnosis, whether underbite is due to a dental (where the lower teeth alone are forward) or skeletal (where the lower jaw itself is ahead of the upper jaw) component.

Addressing underbites through appropriate orthodontic treatment or surgical intervention can help improve oral function, and enhance facial aesthetics. Treating an underbite typically involves a combination of orthodontic and/or surgical interventions, depending on the severity of the underbite and the specific needs of the individual.

TREATMENT

NON-SURGICAL TREATMENT:

Generally reserved for children with mild to moderate underbite, this modality alone may be sufficient in most cases to correct the alignment of the teeth and jaws over time. However, some would require surgery during adulthood (after 18 years of age), once the jaw growth is nearly complete. Some common non-surgical methods are:

*** Orthodontic appliances:** Various dental appliances, such as expanders, headgear, or bite correctors, may be used in conjunction with braces to help shift the teeth and jaws into the correct position. These appliances apply gentle pressure to the teeth and jaws to encourage proper alignment.

*** Functional appliances:** Functional appliances, such as chin caps or reverse-pull headgear, expanders etc may be used in growing children to guide the

growth of the jaws and encourage proper alignment. These appliances are often used in combination with braces or other orthodontic treatments.

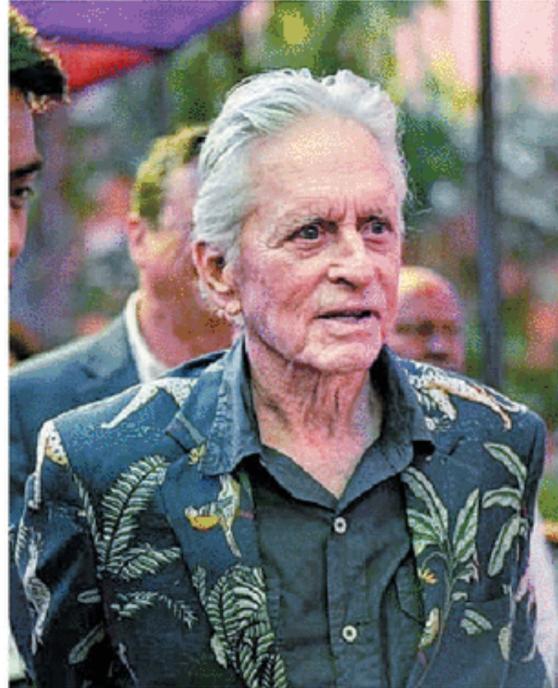
*** Collaborative approach:** Treatment of underbites often requires a collaborative approach involving orthodontists, oral surgeons, and other dental specialists. A comprehensive treatment plan will be tailored to the individual needs of the patient to achieve the best possible outcomes.

*** Dental extractions:** It is quite common to have a few less important teeth removed as a part of the overall strategy to correct the underbite. The exact type and the number of teeth to be removed is a decision made on multiple factors.

*** TMJ therapy:** In some cases, adults with underbites may experience symptoms of TMJ disorders, such as jaw pain or clicking.

SURGICAL TREATMENT

In cases where the underbite is caused by skeletal discrepancies between the upper and lower jaws, surgery may be necessary to reposition the jaws and improve the bite. Orthognathic surgery, also known as jaw surgery, is performed by oral and maxillofacial surgeons and may involve repositioning the



Michael Douglas

upper jaw (maxilla), lower jaw (mandible), or both.

*** Maxillary advancement (LeFort I osteotomy):** This surgery involves repositioning the upper jaw (maxilla) forward to correct an underbite. The surgeon makes incisions in the upper jawbone and repositions it to align with the lower jaw. Plates and screws are used to secure the jaw in its new position.

*** Mandibular setback (bilateral sagittal split osteotomy):** In cases where the lower jaw (mandible) is protruding, a mandibular setback

surgery may be performed to move the lower jaw backward. This surgery involves making cuts in the jawbone near the molars and repositioning the lower jaw backward before securing it with plates and screws.

*** Chin surgery (Genioplasty):** Chin surgery may be performed in conjunction with jaw surgery to enhance facial harmony and aesthetics. Genioplasty involves reshaping and repositioning the chin bone to improve the profile and balance of the face.

*** Combination surgery:** In some cases, both the upper and lower jaws may need to be repositioned to correct the underbite fully. Combination surgery involves performing maxillary advancement and

mandibular setback surgeries simultaneously to achieve optimal results.

*** Orthognathic surgery with orthodontic treatment:** Orthognathic surgery is often combined with orthodontic treatment to ensure proper alignment of the teeth and jaws. Orthodontic treatment may be initiated before surgery to align the teeth, and braces or other dental appliances may be used post-surgery to fine-tune the bite.

*** Multidisciplinary approach:** Orthognathic surgery for underbites often requires a

multidisciplinary approach involving oral and maxillofacial surgeons, orthodontists, and other dental specialists. A comprehensive treatment plan will be developed based on the individual's specific needs and treatment goals.

Orthognathic surgery is a significant procedure that requires careful planning and coordination between the surgical and orthodontic teams. It can significantly improve functional bite alignment, alleviate jaw pain and discomfort, and enhance facial aesthetics and self-confidence.

However, it's essential to consult with a qualified oral and maxillofacial surgeon and orthodontist team to determine the most appropriate surgical approach for correcting an underbite. They will assess the severity of the underbite, evaluate the alignment of the teeth and jaws, and develop a personalized treatment plan tailored to the individual's specific needs and goals.

Advances in 3D printing, artificial intelligence and digital dental and maxillofacial surgeries have made underbite diagnosis and treatment accurate, minimally invasive and predictable in long term.

Dr Kamlesh Kothari is an oral and maxillofacial surgeon with a focus on cosmetic dentistry and advanced dental and maxillofacial implantology. He can be reached at Aesthetica-Advanced Dental and Implant Clinic, 2/7 Sarat Bose Road, Calcutta (aesthetica.co.in), or at 9830183000 and 033-40035900, or drkamleshkothari@gmail.com.

TOOTH TROUBLE

I have a gap between my front teeth. What's the best way to correct it?

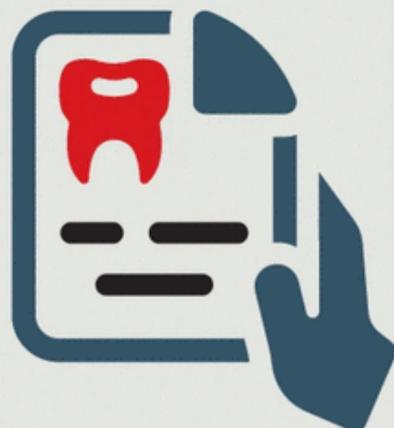
Depending on the magnitude of the gap and your preferences, there are a number of ways to fix a gap between front teeth, such as the dental bonding process where a tooth-coloured resin is applied to close up the gaps. Dental veneers can also be utilised to fill in gaps as well as enhance teeth shape, size and colour. The ideal option would be orthodontic treatment such as braces or clear aligners to bring your teeth together into the ideal cosmetic and functional position.

My father is 67 years old and has lost all his teeth. Is it possible to get a new set of completely fixed teeth?

Based on the quality and quantity of his remaining jaw bone structure, your father can get completely fixed teeth even if he has lost all his natural teeth. This procedure is commonly referred to as 'full mouth rehabilitation with dental implants' or 'full mouth rehabilitation'. In this process, titanium root-shaped pegs called dental implants are

inserted painlessly into your jawbone in a keyhole minimally invasive manner. These implants act as anchors over which artificial teeth that mimic natural teeth in colour form, strength and function are anchored.

Implants are time-tested, popular and effective long-term solution for replacing missing teeth. Fixed teeth can be placed



over them usually within 24 hours for immediate function in a majority of the cases. Every case is unique and challenging. One should get such advanced implantology procedures only from experienced maxillofacial surgeons with special aptitude for implants.

My gums bleed when I brush my teeth. What should I do?

Bleeding gums while brushing can be a sign of gum disease or other oral health issues. It's important to address this concern promptly to

prevent further complications. Gingivitis is an early stage of gum disease caused by plaque buildup on teeth. Plaque contains bacteria, and if not removed by regular brushing and flossing, it can irritate the gums, causing inflammation and bleeding.

Untreated, it will lead to further gum loss and eventually the teeth may become loose and fall out. Bad breath may also accompany bleeding gums. One must brush twice a day and also do flossing to keep all teeth surfaces clean. Please visit a dentist at the earliest to determine the cause and initiate effective remedy.

What are wisdom teeth? Is it compulsory to remove them?

Wisdom teeth are permanent third molars that erupt at the age of 18 and hence named that way. Due to evolutionary process, our jaws have shrunk and cannot hold 32 teeth most of the times. As a result, these teeth do not get proper space to erupt and end up getting locked partially onto the neighbouring tooth and partially into bone, called an impaction. Impacted wisdom teeth can create pain, swelling, infection and jaw joint problems. Asymptomatic wisdom teeth can be kept under observation but any symptomatic teeth must be removed.

TT Connect Initiative Ask Doctor Harsh ...again



Dr. Harsh V. Agrawal MBBS, MD (Chicago USA)

Hello Doctor, What is your opinion on "Reverse Diabetes"

there are lot of websites and apps claiming to reverse Diabetes. Can it be reversed and if yes how. I have been Diabetic for last 15 years and take insulin regularly.

- Pamela

Hello Pamela,

Yes there is had been lot of buzz recently about "Reverse Diabetes" in social media with lot of them claiming permanent reversal of Diabetes.

Diabetes can be temporarily reversed in some patients through diet, exercise and weight loss. But this reversal is temporary and Diabetes is most likely to return if these changes in lifestyle are stopped.

It is also not applicable for all patients. All patients might not be able to go through such a vigorous regime. It also depends

upon how much medicines you are taking ,what other illnesses one is suffering from and how much the sugar levels are. Patients taking high doses of insulin are unlikely to succeed. Also Type 1 Diabetes where the patient is insulin dependent cannot be reversed through this process. On a positive note I have seen lot of patents getting rid of medicines and even insulin through healthy weight loss achieved through a health diet and exercise regime.

Hello Doctor,

How much total salt am I allowed to take as I am suffering from high blood pressure since 2012.

- Mohan

Hello Mohan,

As per recent guidelines by American Heart Association the upper limit is 2.3 gms (equivalent to one teaspoon of salt) per day with 1.5 gm being the minimal daily requirement and also ideal amount for most adults suffering from Hypertension.

This article is to spread public awareness about common diseases

If you have any questions please email at drharshvardhan19@gmail.com or WhatsApp/call at 96746 44443 Follow on Facebook and Instagram: askdoctorharsh

All Asia Medical Institute - 8B Garcha First Lane, Kolkata: 700019 (Besides Gariahat Pantaloon) Ph : 033 40012200/ 96746 44442

WATCHIT!

MOVIES ON TV



MORNING

Austenland: &Prive HD, 8.35am
 Operation Red Sea: STAR Movies Select HD, 8.45am
 Kiranmala: Jalsha Movies, 10am
 Surya: Colors Bangla Cinema, 10am
 Mad Max, Fury Road: Sony Pix, 10.40am
 Train to Busan: STAR Movies Select HD, 11am
 Kiranmala: Jalsha Movies, noon

AFTERNOON

The Adventurers: STAR Movies Select HD, 12.45pm
 65: Sony Pix, 1pm
 MLA Phatakeshto: Colors Bangla Cinema, 1pm
 Nimki Fulki: Zee Bangla Cinema, 1pm
 Ora Kara: Aakash Aath, 3.05pm
 Kiranmala: Jalsha Movies, 3.10pm
 Lyle, Lyle, Crocodile: &Prive HD, 3.35pm

Baba Taraknath: Zee Bangla Cinema, 3.35pm
 Bidhilipi: Colors Bangla Cinema, 4pm
 Oops! Noah is Gone...: STAR Movies Select HD, 4.30pm
 Chappie: &flix, 4.55pm



In a dystopian future, British scientist Deon Wilson (Dev Patel) develops a sensitively programmed law-enforcement AI scout robot that is kidnapped by gangsters, nicknamed Chappie and then trained to love violence and crime. **Chappie**; &flix, 4.55pm

After an asteroid collision causes astronaut Mills (Adam Driver) to crashland on Earth 65 million years ago, he, along with the only other survivor, a young girl named Koa (Ariana Greenblatt), Mills must navigate a dangerous, prehistoric planet and escape to safety. **65**; Sony Pix, 1pm & 9pm

Venom: Sony Pix, 5.05pm

EVENING

Love Express: Jalsha Movies, 6.10pm
 Lola Luci: Aakash Aath, 6.30pm
 Parineeta: Zee Bangla Cinema, 6.30pm
 I Love You: Colors Bangla Cinema, 7pm
 The Mitchells vs the Machines: Sony Pix, 7.05pm
 Snakehead Swamp: &flix, 7.15pm
 Ip Man, Kung Fu Master: STAR Movies Select HD, 9pm
 65: Sony Pix, 9pm
 Screened Out: &Prive HD, 9pm
 Guru: Jalsha Movies, 9.15pm
 Kartabya: Colors Bangla Cinema, 10pm
 Big George Foreman: &Prive HD, 10.15pm
 Chinese Zodiac: STAR Movies Select HD, 10.30pm
 It: Sony Pix, 10.35pm

SPORTS

BWF Toyota Thailand Open - live: Sports18 1 HD, 10.30am
 Tata IPL, Sunrisers Hyderabad vs Punjab Kings - live from Hyderabad: STAR Sports 1, 1 HD, 2, 2 HD & 3, 3.20pm
 Serie A, Sassuolo vs Cagliari - live: Sports18 1 HD, 4pm
 Dutch League, AZ Alkmaar vs FC Utrecht - live: EuroSport, 5.45pm
 Serie A, Udinese vs Empoli - live: Sports18 1, 6.30pm
 Serie A, Monza vs Frosinone - live: Sports18 1 HD, 6.30pm
 Tata IPL, Rajasthan Royals vs Kolkata Knight Riders - live from Guwahati: STAR Sports 1, 1 HD, 2, 2 HD & 3, 7.20pm
 Cycling World Tour, Giro D'Italia Stage 15 -

live: EuroSport, 7.45pm
 Premier League, Brighton & Hove Albion vs Manchester United - live: STAR Sports Select 2 & Select 2 HD, 8.15pm
 Premier League, Arsenal vs Everton - live: STAR Sports Select 1 & Select 1 HD, 8.20pm
 ATP Masters 1000, Internazionali BNL d'Italia Finals - live: Sony TEN 5 & 5 HD, 8.30pm
 La Liga, Villarreal vs Real Madrid - live: Sports18 1, 10.30pm
 La Liga, Barcelona vs Rayo Vallecano - live: Sports18 1 HD, 10.30pm
 Serie A, Roman vs Genoa - live: Sports18 1, 12.15am
 NASCAR Cup Series - live: EuroSport, 3am

ENTERTAINMENT



Made in America: Zee Cafe, 7pm



Main Hoon Saath Tere: Zee TV, 7.30pm

ENGLISH

Younger: Comedy Central, 5pm
 Line of Duty: Colors Infinity, 6pm
 Review: Comedy Central, 7pm
 Made in America: Zee Cafe, 7pm
 Shark Tank: Colors Infinity, 8pm
 Karenjit Kaur: Zee Cafe, 8pm
 Brooklyn Nine-Nine: Comedy Central, 9pm
 Shark Tank Australia: Zee Cafe, 9pm
 The Good Doctor: Colors Infinity, 10pm
 Fantasy Island: Colors Infinity, 11pm

HINDI

Suhaagan: Colors, 6.30pm
 Meetha Khatta Pyaar Hamara: STAR Plus, 6.30pm
 Krishna Mohini: Colors, 7pm
 Main Hoon Saath Tere: Zee TV, 7.30pm
 Superstar Singer: Sony, 8pm
 Udne Ki Aasha: STAR Plus, 8.45pm
 Mangal Laxmi: Colors, 9pm
 Dance Deewane: Colors, 9.30pm
 Kaisa Mujhe Tum Mil Gaye: Zee TV, 10.15pm

Session 2024-25



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- Akshar**
Kolkata
- Calcutta Public School**
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Kalikapur
- Children's Foundation School**
Kolkata
- Delhi Public School**
Newtown

- Father Leblond School**
Darjeeling
- GD Birla Centre For Education**
Kolkata
- Garden High School**
Kolkata
- Holy Home**
Serampore
- Ideal Mission School**
Joka
- Mangalam Vidya Niketan**
Kolkata

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← Looming over the River Thames, Battersea Power Station has been revived after lying derelict for decades. Pictures: The Telegraph

from 1937 to 1955 (interrupted by the World War years) while the decommissioning took place from 1975 to 1983. There were several proposals involving a theme park, a creative space for Cirque de Soleil acrobats and in 2012, Chelsea Football Club proposed a 60,000-seat stadium. Through the many years of proposals, the structure became roofless and the damage was immense.

Today, it's the piece de resistance of a 42-acre site, surrounded by apartment blocks designed by the US architect Frank Gehry and one large structure designed by Foster + Partners. The project is owned by a consortium of Malaysian investors led by SP Setia and Sime Darby Property. They knew what they were up against — a nine-billion pound revamp.

COMPLICATED DEALS

A large part of the building is today

credit cards — Lego store to Zara to Venchi to Ralph Lauren. Yet, the interiors reflect the original vision of its designer, Giles Gilbert Scott, who also designed London's red telephone booths. After it was decommissioned, the composer Andrew Lloyd Webber, Warner Bros and even Michael Jackson were interested in investing in the project until they realised this was a white elephant.

In 1987, the British entrepreneur John Broome bought the site for 1.5 million pounds to make an amusement park out of it, amusing then British prime minister Margaret Thatcher to call it a "wonderful example of private enterprise and local government working hand in hand for the benefit of Britain". Didn't we hear something on those lines, time and again, in *Yes Minister*? Broome only managed to knock down the power station's roof and one wall before checking his wallet. Hong

ARCHITECTURE

POWER UP

How Battersea Power Station has been brought back from the brink of demolition to become an example of architectural conservation

Immortalised on the album sleeve of Pink Floyd's *Animals*, Battersea Power Station in London is a remarkable example of how iconic buildings that have fallen prey to the march of time can be revived and saved, even if it means losing the sociopolitical argument involving the greed of the ruling elites and the plight of the working class.

Here commercial office space does elbow-bending with luxury living (and some degree of affordable living) but never fails to highlight the thoughtfulness that old buildings need to survive and can be relevant. There's even an elevator that takes riders to a viewing platform on top to get an inflatable pig's-eye view of London. It's this kind of careful planning that can save many beautiful crumbling structures, say, in Calcutta.

→ During a 10-year project, the four famous white chimneys were dismantled and rebuilt, due to the corrosion of their steel structures



← Old and new architectural styles live side by side at Battersea Power Station

taken up by Apple, which relocated hundreds of its employees from offices around London to make Battersea its UK base. No wonder, the company chose this spot to showcase the creative punch of its new iPad lineup. Years ago, Apple CEO Tim Cook said: "Once a source of energy for much of London, the transformation this building has undergone honours London's past and celebrates its future. We're so glad to be a part of it."

Living with Apple are shops that want to make visitors max out their

Kong investor Victor Hwang stepped in and spent a couple of hundred million pounds over years but it came to naught and by 2006, the action moved to Treasury Holdings, a property investment firm in Dublin. But once again, there was a change in ownership. Yes, the history of this property is that complicated.

ADD IT TO YOUR LONDON ITINERARY

Tourists turning up in London find comfort in visiting St Paul's Cathedral and the London Bridge but if you make an effort to drive a few miles from London, you will get to experience history of a different kind, besides, of course, an opportunity to shop at some of the finest stores. Instead of glass balustrades, the architects have used steel banisters to add to the camp deco feel of the place. The arrangement of bridges and decks have been cleverly retained. You can still feel the vibe that was captured on the Pink Floyd album cover until you speed away in an Uber Boat service. If only investors, city planners and architects from India can take a look at Battersea Power Station to realise that the old can coexist with modern elements without having to make a financial loss. The superrich are happy shopping at Battersea, which has survived to see a new era.

SMOKE TO SPARKLE

The project rolled towards completion only in 2022 after bulldozing a dozen failed proposals, several bankrupt developers and a few billion pounds. For around half a century, the power station burnt enough coal to generate as much as a fifth of London's electricity, including keeping the lights glowing in Buckingham Palace (codenamed Carnaby Street 2 in the control room) and the House of Parliament. Only in 1983 did the last plumes of smoke leave the four iconic chimneys.

The power station was built in two phases, from 1929 to 1935 and

BATTERSEA TIMELINE

- ▶ 1929: Construction begins on the first turbine hall.
- ▶ 1933: Electricity generation begins.
- ▶ 1937: Construction of turbine hall B begins.
- ▶ 1983: The power station is decommissioned.
- ▶ 2012: Chelsea FC plans a 60,000-seat stadium but soon gives up on the dream.
- ▶ 2012: A consortium of Malaysian investors buy the site and begins to turn it around.
- ▶ 2022: The power station opens to public.



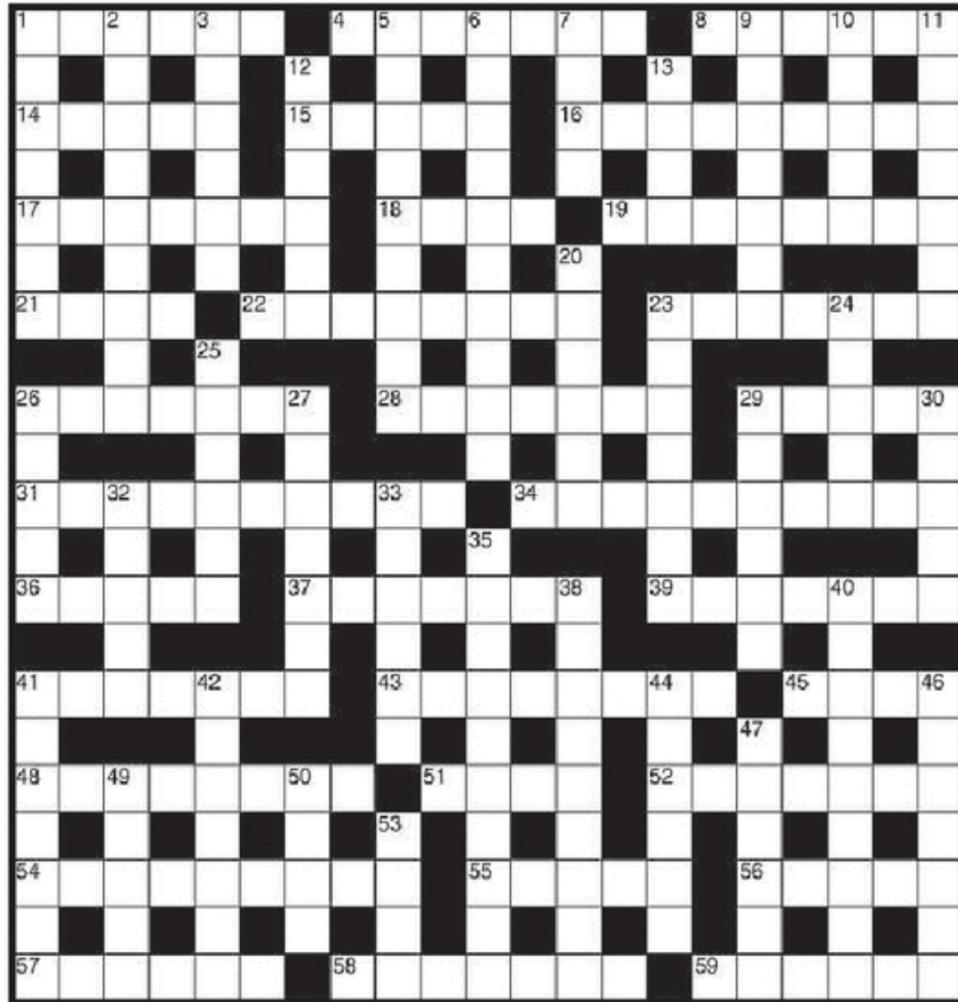
↑ The power station has featured in several films and on the cover of Pink Floyd's 1977 album, *Animals*. There is a reminder of it in front of the building



— Mathures Paul

PUZZLES

SUNDAY CROSSWORD 758



ACROSS

- 1 Victorian classicist who studied at the Royal Academy, his paintings include *By Summer Seas*, *The Lament for Icarus*, *Pot Pourri* and *The Vintage Morn* (6)
- 4 Author whose novels *A Room with a View*, *Howard's End* and *A Passage to India* have been adapted into films (7)
- 8 Baked with ingredients such as haddock, cheese, broccoli, spinach or grilled courgettes, a savoury flan often served as part of a picnic (6)
- 14 Colour of the flowers of lily of the valley, Solomon's seal, snowdrops, ramsons and wood sorrel (5)
- 15 Arches for croquet; circlets for modern forms of fusion dance or hula; barrel staves; or, contrasting horizontal bands of colour on racing silks (5)
- 16 Weighing about the same as a 20p piece, the UK's smallest bird and a national symbol of Luxembourg (9)
- 17 Form of Hatha yoga sometimes described as

- meditation in action (7)
- 18 Coral —; inhabited by invertebrates that spawn during a full moon, a type of ecosystem likened to a tropical rainforest of the sea (4)
- 19 Maltese capital, site of the Queen's former residence as Princess Elizabeth, *Villa Guardamangia* (8)
- 21 Author of a number of novels based on rural life including *The New Rector*, *The Village Show* and *Country Lovers* (4)
- 22 British sitcom with comedy duo David Mitchell and Robert Webb (4,4)
- 23 Born Lev Davidovich Bronstein in 1879, Russian revolutionary who developed a form of Marxism (7)
- 26 15th Duke of —; title of Woburn Abbey owner Andrew Russell whose father featured in the series *Country House* (7)
- 28 Flowing 3,915 miles from the Tibetan Highlands, China's longest river (either spelling accepted) (7)
- 29 Punting pole for propelling a barge; or, a fashion

- designer who popularised miniskirts, hot pants and patterned tights during the swinging Sixties (5)
- 31 Said to activate the heart chakra and symbolise love and harmony, a pinkish-coloured crystal occurring naturally in the core of pegmatites (4,6)
- 34 The — of Narnia; C. S. Lewis's series of novels including *Prince Caspian*, *The Silver Chair* and *The Last Battle* (10)
- 36 — *Got Mail*; film inspired by Miklós László's play *Parfumerie* but based on internet dating instead of pen pals (5)
- 37 A string of fabric flags to decorate a fête, boat or garden party; poet who wrote *Briggflatts*; or, a family of birds that includes the yellowhammer (7)
- 39 The Lizard constellation (7)
- 41 Bobbin lace similar to point de venise or rose point, used for dresses/gowns (7)
- 43 Title of the king as he became known following his victory over Henry VI at the Battle of Towton (6,1,1)
- 45 Psychologist noted for social conformity experiments studying how peer pressure shapes human behaviour (4)
- 48 Japanese monk who founded a Buddhist movement with the Lotus Sutra and Nam Myōhō Renge Kyō mantra as key elements (8)
- 51 Unit of linear measure derived from the Roman distance of 1,000 paces (4)
- 52 Rudyard Kipling's cousin who served three terms as UK prime minister (7)
- 54 General name for a 4x4 used for challenging or non-public terrain (3-6)
- 55 Sheepdog —; herding event televised on *Countryfile*, *One Man and His Dog* (5)
- 56 Insects that pollinate honeysuckle (5)
- 57 Royal —; an agreement required to make a bill into an Act of Parliament (6)
- 58 Half-brother of Sir Humphrey Gilbert who popularised tobacco in England (7)
- 59 — king/queen; according to a tradition founded by Henry Croft, a coster dressed in a button-clad costume (6)
- ruined by fire in 1834 (2,8)
- 7 Generating electricity from renewables and said to be Britain's most eco-friendly island, one of the Small Isles (4)
- 9 Italian artist born Paolo di Dono in 1397 who painted *Saint George and the Dragon* and *The Hunt in the Forest* (7)
- 10 Card game based on deception (5)
- 11 Type of inlet where the sea meets river/stream and fresh and salt water mix (7)
- 12 Device on a heraldic shield such as an annulet, fusil, lozenge or roundel (6)
- 13 Largest isle of the Tuscan Archipelago, place of Napoleon's first exile (4)
- 20 Nintendo —; video game console code-named "NX" during development (6)
- 23 Symbol of the World Association of Girl Guides and Girl Scouts (WAGGGS) (7)
- 24 Actor who starred in *Mr Turner* (5)
- 25 — wrench; type of spanner with an indicator used for mechanics (6)
- 26 Former GBBO judge hosting a series about classic home recipes (5)
- 27 Author of *The Millstone* (7)
- 29 Pome related to pears and medlars (6)
- 30 SI unit of magnetic flux density (5)
- 32 — Arabia; country, capital Riyadh (5)
- 33 — *Tailor Soldier Spy*; John le Carré novel adapted into a miniseries and a film (6)
- 35 Type of flageolet or fipple flute (3,7)
- 38 General name for a form of horticulture practiced by Gertrude Jekyll, Humphrey Repton, Vita Sackville-West and Rosemary Verey (9)
- 40 Attar-scented distillate used as a skin toner or in cooking to flavour some types of Turkish delight (4,5)
- 41 — ferry; a Venetian traghetto (7)
- 42 Beast from which the constellation Monoceros takes its name (7)
- 44 Celtic pagan festival in February (6)
- 46 Related to mustard, night-scented stock and wallflower, a common name of *Lunaria annua* money plant (7)
- 47 Ignite food such as crêpe Suzette as a dramatic table-side cooking effect (6)
- 49 Depicted in paintings by Vincent van Gogh, establishments that offer latte, espresso, cappuccino, tea... (5)
- 50 — turn; canoeing manoeuvre (4)
- 53 Queen of the Night's —; *Der Hölle Rache* in Mozart's *The Magic Flute* (4)

DOWN

- 1 Biologist who wrote *The Selfish Gene* (7)
- 2 Hair accessory inspired by a character in stories written by Lewis Carroll (5,4)
- 3 — equals mass times the speed of light squared; Albert Einstein's theory summarised in his equation $E=mc^2$ (6)
- 5 Science or description of mountains (9)
- 6 — — Chapel; part of the old Palace of Westminster

ANSWERS

ACROSS

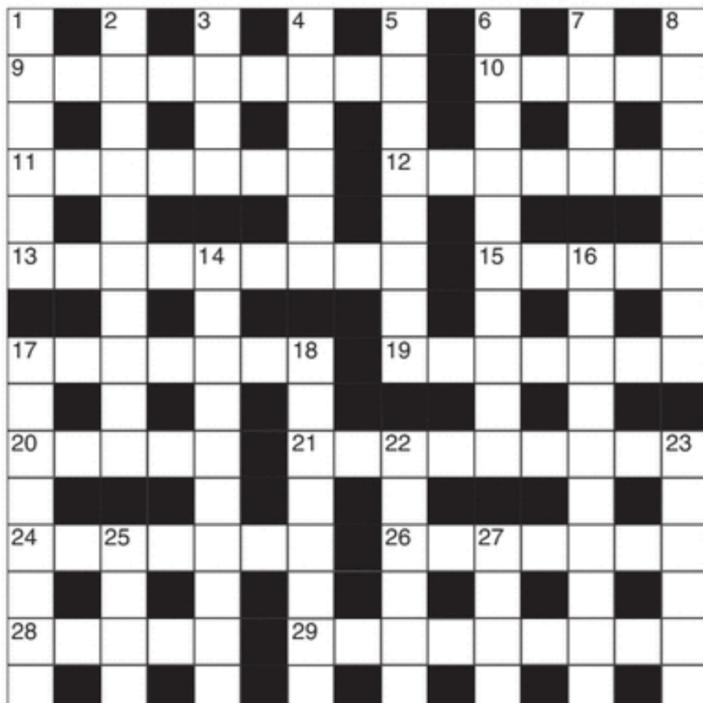
- 1 Draper, 4 Forster, 8 Quiche, 14 White, 15 Hoops, 16 Goldcrest, 17 Iyengar, 18 Reef, 19 Valletta, 21 Shaw, 22 Peep show, 23 Trotsky, 26 Bedford, 28 Yangtze, 29 Quant, 31 Rose quartz, 34 Chronicles, 36 You've, 37 Bunting, 39 Lacerta, 41 Guipure, 43 Edward IV, 45 Asch, 48 Nichiren, 51 Mile, 52 Baldwin, 54 Off-roader, 55 Trial, 56 Moths, 57 Assent, 58 Raleigh, 59 Pearly.

DOWN

- 1 Dawkins, 2 Alice band, 3 Energy, 5 Orography, 6 St Stephens, 7 Eigg, 9 Uccello, 10 Cheat, 11 Estuary, 12 Charge, 13 Elba, 20 Switch, 23 Trefoil, 24 Spall, 25 Torque, 26 Berry, 27 Drabble, 29 Quince, 30 Tesla, 32 Saudi, 33 Tinker, 35 Tin whistle, 38 Gardening, 40 Rose water, 41 Gondola, 42 Unicorn, 44 Imbolc, 46 Honesty, 47 Flambe, 49 Cafes, 50 Eddy, 53 Aria.

By arrangement with The Daily Telegraph

CRYPTIC CROSSWORD 14333



ACROSS

- 9 Unidentified current coin got replaced (9)
- 10 Absolute Ashes hero all outsiders ignored (5)
- 11 Holding over detailed March vote shows inconsistency (7)
- 12 Tonic ingredient, one of five in recipe ultimately (7)
- 13 Conservative hacked off about one European tweeter in America (9)
- 15 Deduce number escaping blaze (5)
- 17 Language by son beginning to generate row (7)
- 19 My work environment (7)
- 20 Children gave us significant

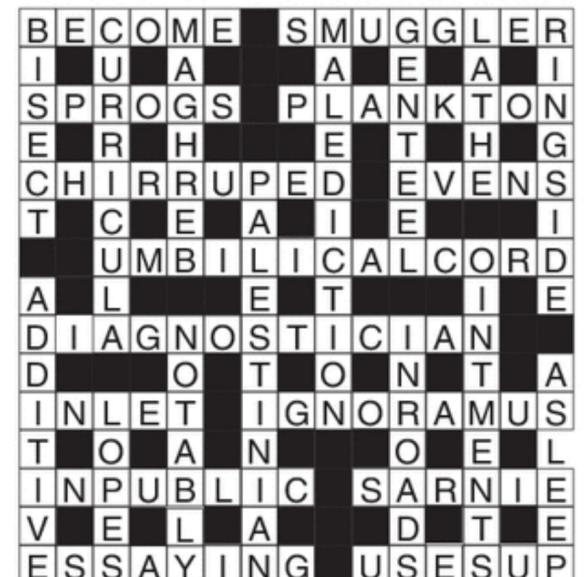
- purchases in retirement (5)
- 21 Drunk relatives becoming unsteady (9)
- 24 Rose perhaps is flexible after start of career (7)
- 26 German wine from second retailer runs out (7)
- 28 Soldiers retreating during each evacuation procedure (5)
- 29 Overhear First Lady's reported lapse (9)

- 5 Masters game, we hear (8)
- 6 Star is paid to run plant (10)
- 7 Suppose midfielder must welcome match before final (4)
- 8 Forget somehow to describe extremely rare amphibian (4,4)
- 14 Vegetable from Kenya Biden chewed (6,4)
- 16 Butterfly farm monastery will accommodate (10)
- 17 Whips turn them on? (8)
- 18 Jules maybe stops pet rolling over as commanded (8)
- 22 Order cuts always when mounting purge (6)
- 23 Absolved former

DOWN

- 1 Pen inspiring work, international film of celebrity's life (6)
- 2 Deficiencies in what some urban architects do? (10)
- 3 Elderly French artist, for the most part upset (4)
- 4 Jack, popular Times

YESTERDAY'S SOLUTION



- politician to appear in film (6)
- 25 Story of two people involved romantically (4)
- 27 Band of British Army regiment hard to follow (4)

By arrangement with The Daily Telegraph

10952

SUDOKU MODERATE

		1				7		
5	6	9	1			4		
			2		9			
1		7			6			
3	8						1	4
			5			9		7
			9		3			
		3			1	5	2	6
		4				3		

Fill in the 9x9 square grid with the numbers one to nine. The numbers should be arranged in such a way that each row, column and mini-grid contains one of each number. Solution to Sudoku 10950 is on the right

2	9	8	1	6	5	4	3	7
7	6	1	9	3	4	8	5	2
5	3	4	8	7	2	1	6	9
4	8	9	2	5	6	3	7	1
3	1	5	4	8	7	9	2	6
6	2	7	3	1	9	5	8	4
8	4	6	7	9	3	2	1	5
9	5	3	6	2	1	7	4	8
1	7	2	5	4	8	6	9	3

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10953

SUDOKU GENTLE

			7		9	3		
		5		8		6		
	1	6	2					9
	7	1			3			
9								8
			1			5	2	
6					2	7	8	
		7		4		2		
		2	6		7			

Fill in the 9x9 square grid with the numbers one to nine. The numbers should be arranged in such a way that each row, column and mini-grid contains one of each number. Solution to Sudoku 10951 is on the right

1	8	3	5	2	6	9	4	7
6	5	7	4	9	3	8	1	2
9	2	4	8	1	7	3	6	5
7	6	2	9	8	5	1	3	4
5	1	8	3	4	2	7	9	6
4	3	9	6	7	1	2	5	8
8	9	6	2	3	4	5	7	1
2	4	1	7	5	9	6	8	3
3	7	5	1	6	8	4	2	9

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QUICK CROSSWORD **13985**

1	2	3		4	5	6
				7		
8				9		
10					11	
				12	13	
	14				15	16
17		18		19		20
21	22			23		
			24			
25					26	
27					28	

ACROSS
 1 Novelist (6)
 4 Wharves (5)
 8 Snooped (5)
 9 Cough sweet (7)
 10 English county(7)
 11 Entreaty (4)
 12 Zero (3)
 14 Talk (4)
 15 Stratford's river(4)
 18 Consume (3)
 21 Sport on horseback (4)
 23 Crazy (7)
 25 Monotonous (7)
 26 Picture (5)
 27 Heading (5)

DOWN
 28 Strangeness (6)
 7 Hygienic (5)
 13 Spotted beetle (8)
 16 Art of paper folding(7)
 17 Outcome (6)
 19 Subject (5)
 20 Cure (6)
 22 Restrict (5)
 24 At liberty (4)

Yesterday's solution
 Across: 3 High; 7 Purr; 8 Lynx; 9 Error; 10 Ease; 11 Maroon; 13 Bonhomie; 15 Aver; 16 Zulu; 17 Unspoilt; 18 Lament; 21 Arid; 23 Ad-lib; 24 Numb; 25 Loot; 26 Envy.
 Down: 1 Puma; 2 Greenhouse; 3 Hurl; 4 Gormless; 5 Typo; 6 Exonerated; 10 Embezzling; 12 Reasonable; 14 Mountain; 19 Memo; 20 Ploy; 22 iPod.

By arrangement with The Daily Telegraph

Jumble
 David L. Hoyt and Jeff Knurek

JUMBLE THAT SCRAMBLED WORD GAME
 By David L. Hoyt and Jeff Knurek

Unscramble these Jumbles, one letter to each square, to form four ordinary words.

BHYOB
 CAXTE
 MUATAR
 GNLIEM

Get the free JUST JUMBLE app • Follow us on Twitter @PlayJumble

Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.

Answer here: O O O O O O O O O

(Answers tomorrow)

Yesterday's Jumbles: YAHOO MOTTO ZIPPER GENTLY
 Answer: When asked if he'd seen the Abominable Snowman, the tracker said - NOT "YET!"

COMICS

Calvin and Hobbes by Watterson

calvin and hobbes
 BY WATTERSON

HERE COMES SOMEBODY!

BEWARE! FALLING BUCKEYES

THIS MEETING OF THE TOP SECRET CLUB G.R.O.S.S. (GET RID OF SLIMY GIRLS) WILL COME TO ORDER. TODAY THIS AUGUST ASSEMBLY WILL DECIDE WHETHER TO DEMOTE PRESIDENT HOBBS ON CHARGES OF HERESY!

HERESY?!

LET THE RECORD SHOW THAT THE DEFENDANT MADE AN UNDISPARAGING COMMENT ABOUT THE POSSIBLE MEMBERSHIP OF SUSIE DERKINS, AN ADMITTED GIRL AND ENEMY OF THIS CLUB.

LET THE RECORD ALSO SHOW THAT SUPREME DICTATOR FOR LIFE CALVIN IS A NINCOMPOOP.

OK, JUST FOR THAT, YOU'RE ALSO CHARGED WITH INSUBORDINATION! THIS COURT FINDS YOU GUILTY ON BOTH COUNTS AND STRIPS YOU OF YOUR TITLE!

HA! AS COURT STENOGRAPHER, I REFUSE TO ENTER THE VERDICT! IN FACT, I'M PROMOTING MYSELF TO "EL TIGRE NUMERO UNO!"

OH YEAH?! WELL THEN, I PROMOTE MYSELF TO "MOST HIGHEST GRANDEST, EXALTED, UN-SUPREME, UH..."

THERE! I WROTE "HOBBS EQUALS GREAT" IN THE OFFICIAL CLUB NOTEBOOK! NOW IT'S A LAW!

IT IS NOT GIMME THAT!

HA HA HA! I'M WRITING "HOBBS EQUALS UGLY FUR BALL" WHAT DO YOU THINK OF THAT?

OH HO! I TAKE THE SUPREME DICTATOR! NOW I'M THE SUPREME DICTATOR!

YOU GIVE THAT BACK!

I DECLARE YOU NULL AND VOID!

TRUCE? TRUCE.

WHAT A GREAT CLUB. TOO BAD WE DONT HAVE MORE MEMBERS.

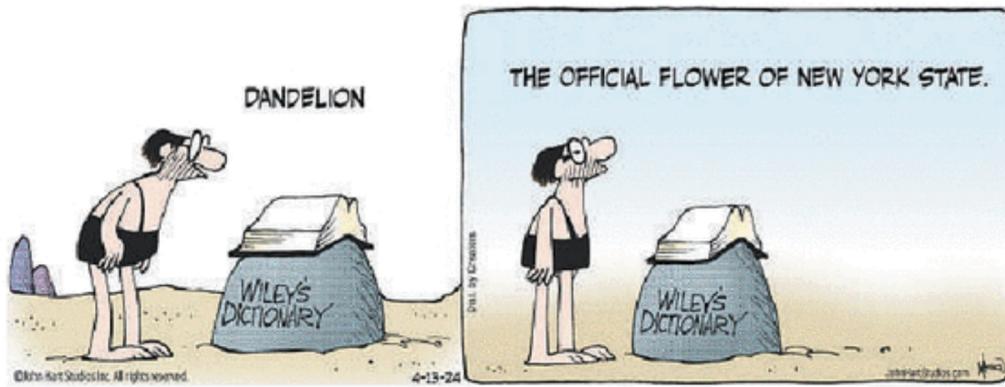
MAYBE WE SHOULD ALLOW SUSIE TO JOIN.

The Fusco Brothers
 by J. C. Duffy

IF I WERE IN COLLEGE I'D ASK YOU TO WEAR MY FRATERNITY PIN, BUT I'M NOT, SO... WILL YOU WEAR MY POLICE ANKLE MONITOR?

ANDREWS McMEEL SYNDICATION © 2020 J.C. DUFFY

B.C. by Johnny Hart



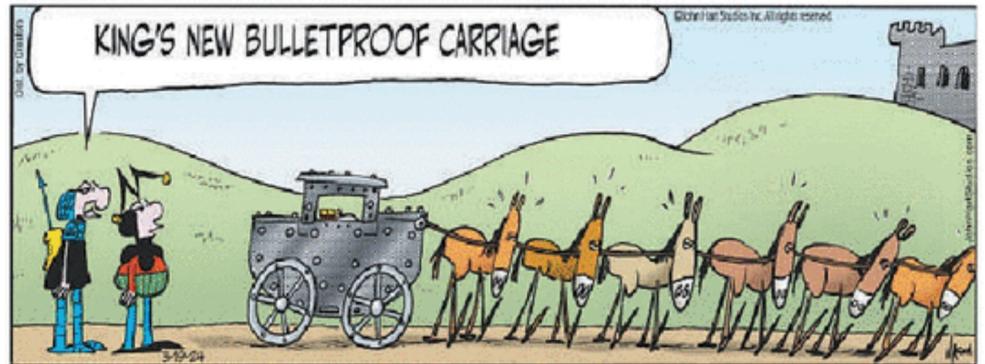
Luann by Greg Evans



Baby Blues by Rick Kirkman & Jerry Scott



The Wizard of Id by Brant Parker and Johnny Hart



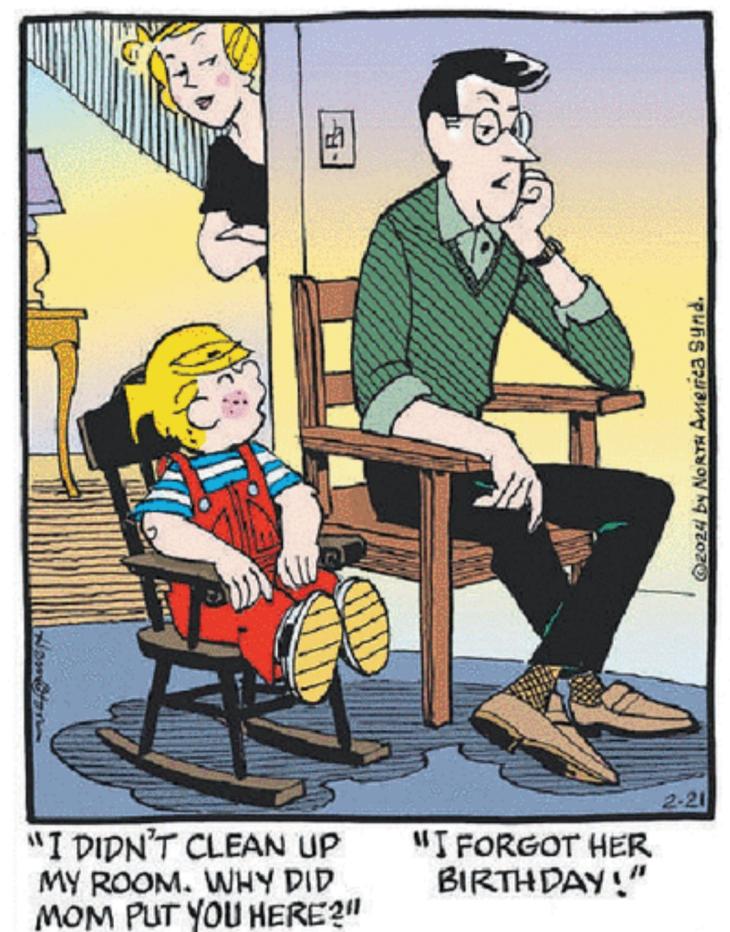
Hagar the Horrible by Chris Browne



Flash Gordon by Dan Schkade



Dennis the Menace



Doonesbury Classics by Garry Trudeau



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FITNESS
GET MOVING



ANWAR WAHHAB

If you've ever struggled to maintain your weight loss, you're not alone. Fret not, my friend! I have some insights to share that will not only help you sustain your progress but also pave the way for lasting success. So let's delve into the strategies that can support you in maintaining your achievements.

TIP #1: STAY ACTIVE

As they say, movement is essential. To effectively preserve your weight loss, it's vital to keep your body in motion. Whether it involves hitting the gym, going for a run, or simply opting for stairs over the elevator, staying physically active is key. Incorporate a blend of exercises and strength training to ensure fitness and well-being.

TIP #2: EMBRACE HEALTHY EATING HABITS

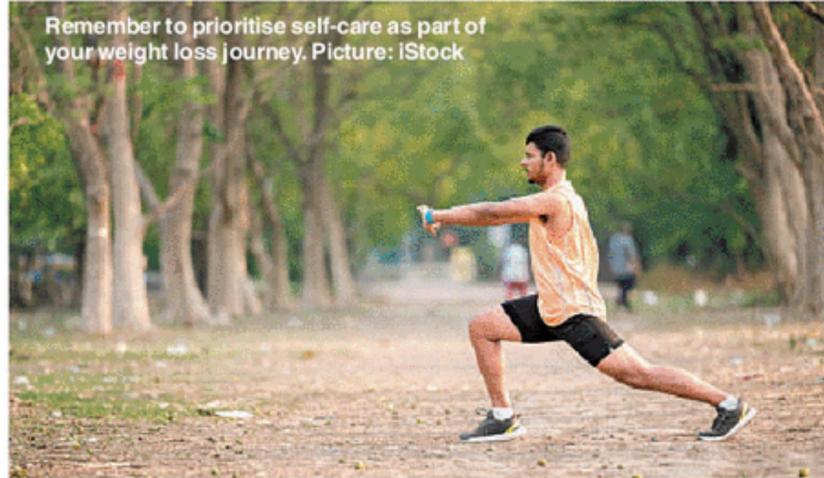
Say goodbye to those food temptations. Welcome to a wholesome approach to eating. Here's the scoop: monitor your calorie intake, opt for meal portions, and prioritise foods like fruits, vegetables, lean proteins, and whole grains. Hey, it's totally fine to treat yourself every now and then. Just remember to control your portions and enjoy those indulgences in moderation.

TIP #3: SAY 'NO' TO TV

We've all been there, binge-watching our shows. Did you know that watching too much TV can hinder your weight-loss goals? Limit your screen time to no more than seven hours a week. Watch those extra pounds disappear. Trust me, less TV means time for activities and healthier routines.

TIP #4: KEEP IT SIMPLE

When it comes to your diet, keeping things simple is key. Keep it simple and stock up on foods like fruits, vegetables, lean proteins, and whole grains. By simplifying your food choices, you'll find it easier to stick to your weight loss journey and bid farewell to pounds for all.



Remember to prioritise self-care as part of your weight loss journey. Picture: iStock

Mastering the art of weight loss: Tips for long-term success

TIP #5: MONITOR YOUR PROGRESS

The scale, it can be a friend or foe. Don't worry, because knowledge is power. Get into the habit of weighing yourself and keeping an eye on any changes or fluctuations. If you see the numbers starting to go up, don't worry. Adjust your diet a bit and step up your exercise routine to stay on course.

TIP #6: EAT WITH PURPOSE

Food should fuel your body, not serve as a comfort blanket. Emotional eating can throw off well-planned weight loss strategies, so it's important to understand why you crave certain foods. Before reaching for that bag of chips, ask yourself if you're truly hungry or just seeking solace. By paying attention to what you eat and listening to your body's cues, you'll be able to take charge of your eating habits and maintain the progress you've worked hard for.

TIP #7: EMBRACE IMPERFECTION

No one is flawless. Not yourself!



Monitor your calorie intake, opt for meal portions, and prioritise foods like fruits, vegetables, lean proteins, and whole grains. Picture: iStock

Mistakes. That's completely fine. Instead of dwelling on a missed workout or indulgent meal, focus on getting on course and sticking with healthy routines. Remember, it's consistency in making progress, not aiming for perfection, that brings about transformations.

TIP #8: MAKE SLEEP A PRIORITY

You might not realise it, but getting sufficient quality sleep is essential for managing weight. Make sure to get seven to nine hours of sleep every night to help your body function well by regulating metabolism and balancing hormones. Sleeping enough also helps curb cravings. It makes it easier to make food choices. Prioritise sleep so that those extra pounds disappear while you catch some Zzzs.

TIP #9: KEEP HYDRATED

Water is essential for weight-loss success. It does not only keep you hydrated. It is refreshing, but it also helps to control hunger and boost metabolism. Aim for 8 glasses of water daily, and consider swapping out sugary drinks for water to cut back on unnecessary calories. With hydration as your ally, you'll be ready to tackle your weight-loss goals with confidence.

TIP #10: BE MINDFUL WHEN EATING

In our world, it's common to rush through meals without paying attention to what we're consuming. Practicing eating can make a real difference in weight-loss efforts. Slow down and enjoy each bite. Listen to your body's signals of hunger and fullness. Eating with awareness can enhance your meal experience, help you consume less, and leave you feeling more

content—a recipe for weight management.

TIP #11: BUILD A SUPPORTIVE CIRCLE

It's often said that the people you surround yourself with influence who you become. So it's wise to choose companions who encourage and share your health goals and values. Being around friends, family members, and likeminded health enthusiasts can significantly impact your weight loss efforts by providing motivation, support, and accountability when needed most.

TIP #12: PRIORITISE SELF-CARE

Lastly, remember to prioritise self-care as part of your weight loss journey. Taking time to rest, unwind, and rejuvenate is crucial for your well-being, both physically and mentally. Whether it involves treating yourself to a bath, enjoying a stroll in nature, or simply pausing for some breaths each day, make self-care an essential aspect of your daily routine. You'll be better equipped to face the challenges of weight loss with resilience and composure if you look after yourself.

Integrate these suggestions into your schedule, maintain an approach, and witness the rewards of your dedication through long-term results. Shape a lifestyle that brings you joy.

Anwar Wahhab is a Mental Performance Mastery Coach and a Bioprint practitioner. You can reach him at anwarwahhab.awefitness@gmail.com

TT Connect Initiative

**Summer's cool companion
Amul Mango Ice Cream**



As the summers peak across the country, there's one thing that pops into our minds - mangoes - turning our mood from 'oh no' to 'aah ha!'

A cool bite of delicious Amul Mango Ice Cream is a better way to chill in this heat. Made with real mango pulp, each bite reminds you of the taste of real mangoes, which is only cooler and yummiier. This creamy, fruity, most-loved Amul Mango Ice Cream comes in a range of flavorful offerings.

Mango in every bite

Amul Alphonso mango ice



cream is made with the goodness of real milk. Taste the pure and sweet flavour of juicy Alphonso in every bite and bask in the delight of this ice cream. Made with real mango pulp, every scoop is filled with joy. To double that happiness, this comes in packs of 125 mL, 750 mL + 750 mL, and 2 L.

But wait, there's more to this mango extravaganza! Dive into the Mango Deutz candy, a delightful fusion of mango's sweetness and the velvety embrace of real milk vanilla ice cream. It's like a burst of summer in every bite, with a tantalizing outer layer of mango goodness and a creamy vanilla surprise waiting inside. Talk

about a flavour explosion that screams 'summer perfection!'

Have asli maza with Amul Asli Aam Mango-based Ice Candy (80 mL). Make your summer extraordinary with its delicious bites. It's the ultimate juicy treat packed with real mango flavour, offering a burst of joy in every lick.

Cool new flavours

So, whether you're lounging under the shade or out on a summer adventure, let Amul Mango Ice Cream treats be your flavorful companions. You can also bite into some mango goodness with our delicious new Tricone Mango Mania and Aamras Kulfi. These new delights are just right for this summer!

Indulge in the magic of real mango pulp, creamy goodness, and unbeatable taste that make every moment of summer cool, delicious, and oh-so-fun!

IT'S OFTEN SAID THAT THE PEOPLE YOU SURROUND YOURSELF WITH INFLUENCE WHO YOU BECOME. SO IT'S WISE TO CHOOSE COMPANIONS WHO ENCOURAGE AND SHARE YOUR HEALTH GOALS AND VALUES